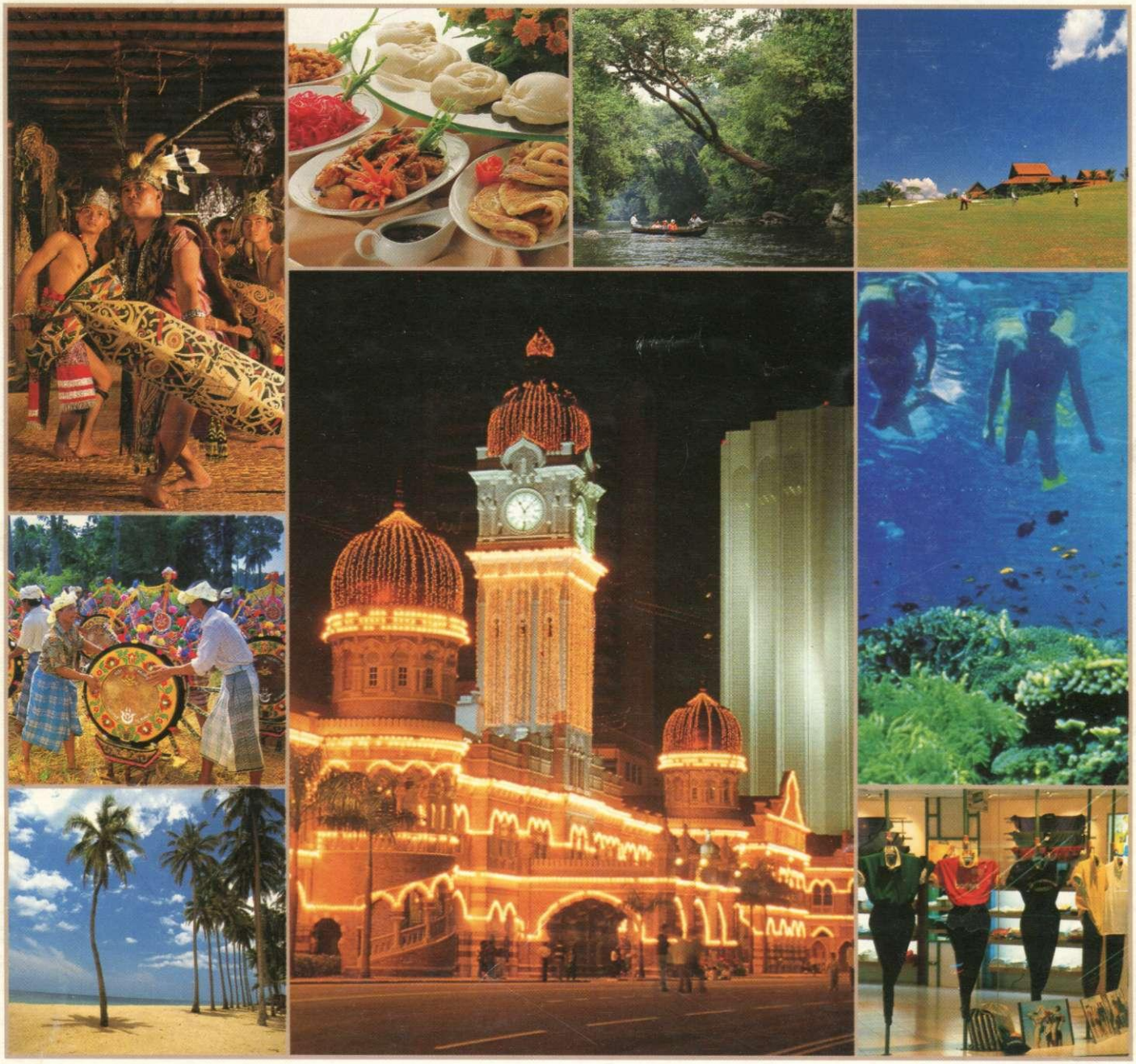
Travel Planner

MALAYSIA

FASCINATING DESTINATION



TOURISM MALAYSIA

Malaysia Tourism Promotion Board
Ministry of Culture, Arts & Tourism

KUALA LUMPUR 98
XVI COMMONWEALTH GAMES

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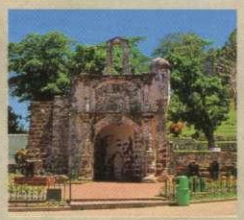

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Selamat Datang

MALAYSIA is a land of fascinating sights and attractions. Rich in colour and contrasts, her multi-faceted charm provides intriguing images that leave visitors to the country in awe.

The natural warmth of Malaysians is legendary; wherever one goes, the friendliness and hospitality of the people would prove to be a very special experience. Malaysia is paradise. Its sun-drenched beaches, enchanting islands, diverse flora and fauna, forest retreats and magnificent mountains are among the best in this region.

Many visitors have discovered Malaysia's other attractions: a shopping haven, a versatile conference venue, an incentive destination, an adventure land and much more. To discover more about Malaysia, get in touch with your nearest Malaysia Tourism Promotion Board (Tourism Malaysia) office.

MALA

THAILAND
Padang Besar
Kangar
Kuala Perlis
Bukit Kayu Hitam
Pulau Langkawi
PERLIS
Kuah
Alor Setar
KEDAH
G. Jerai
Sungai Petani
Tumpat
Kota Bharu
Pulau Perhentian
Pulau Redang
Jeli
Georgetown
PENANG
Butterworth
Gerik
PERAK
KELANTAN
Kuala Terengganu
Pulau Kapas
Gua Musang
Rantau Abang
Taiping
Kuala Kangsar
G. Tahan
TERENGGANU
Ipoh
Cameron Highlands
Taman Negara
Kerteh
Pulau Pangkor
Lumut
PAHANG
Cherating
Fraser's Hill
Kuantan
Genting Highlands
SELANGOR
Temerloh
Pekan
KUALA LUMPUR
Port Klang
Shah Alam
Pulau Tioman
Straits Of Malacca
NEGERI SEMBILAN
Sepang
Seremban
Gemas
Pulau Rawa
Port Dickson
Mersing
Air Keroh
Pulau Sibu
MALACCA
Malacca
Pulau Besar
Muar
JOHOR
Batu Pahat
Senai
Kota Tinggi
Johor Bahru
Desaru
Tanjung Piai
SINGAPORE
N
LEGEND
EAST-WEST HIGHWAY
TRUNK ROAD
NORTH-SOUTH EXPRESSWAY
RAILWAY TRACK
HILL RESORT/MOUNTAIN
AIRPORT/AIRSTRIP
BRIDGE
Pulau ISLAND

Y S I A

South China Sea

Malaysia *Timeless*

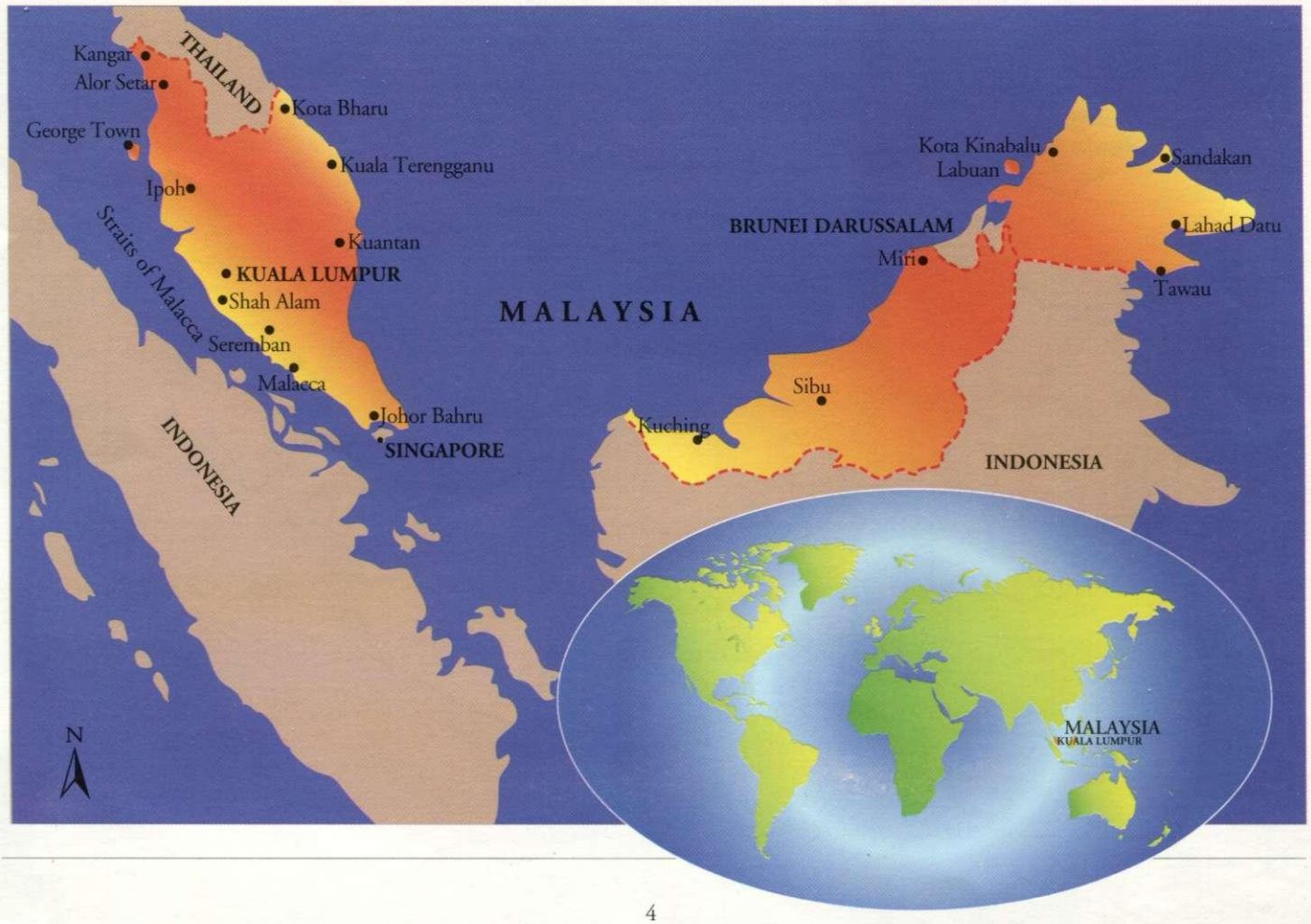
While the melting ice-cap, millions of years ago, ravaged lands of the Northern Hemisphere, a land in the heart of South-East Asia stood untouched by time. Malaysia.

Sundown at Langkawi

An unequalled genetic treasure trove, Malaysia is home to 14,500 species of flowering plants and trees, over 200 species of mammals, 600 species of birds, 140 species of snakes, 80 species of lizards and thousands of insects.

Striking a delicate balance between the preservation of its unique creation and modern development, Malaysia opens up a world of new horizons for the visitor.

Malaysia comprises Peninsular Malaysia and the two states of Sabah and Sarawak on the island of Borneo. Together, they cover a total land area of about 336,700 sq km, with Peninsular Malaysia covering 134,680 sq km and Sabah and Sarawak totalling 202,020 sq km.



The highest mountain in Peninsular Malaysia, Gunung Tahan, 2,190 metres (7,186 ft.) rises above the central spine of the Titiwangsa mountain range.

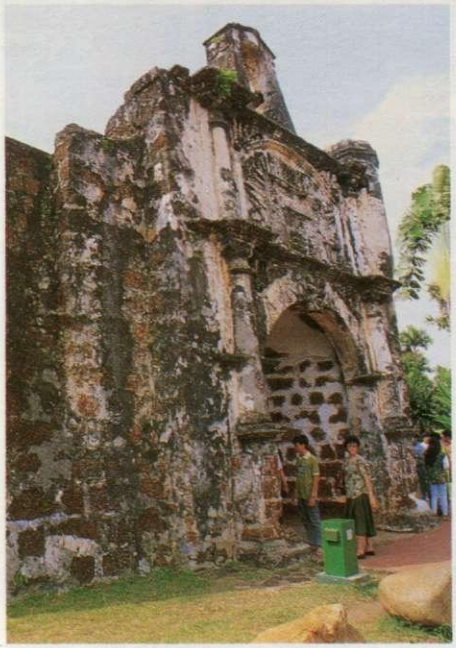
Over in Sabah and Sarawak, Gunung Kinabalu towers 4,100 metres (13,455 ft.) from the Crocker mountain range in Sabah. It is one of the highest mountains in South-East Asia.

History of Malaysia

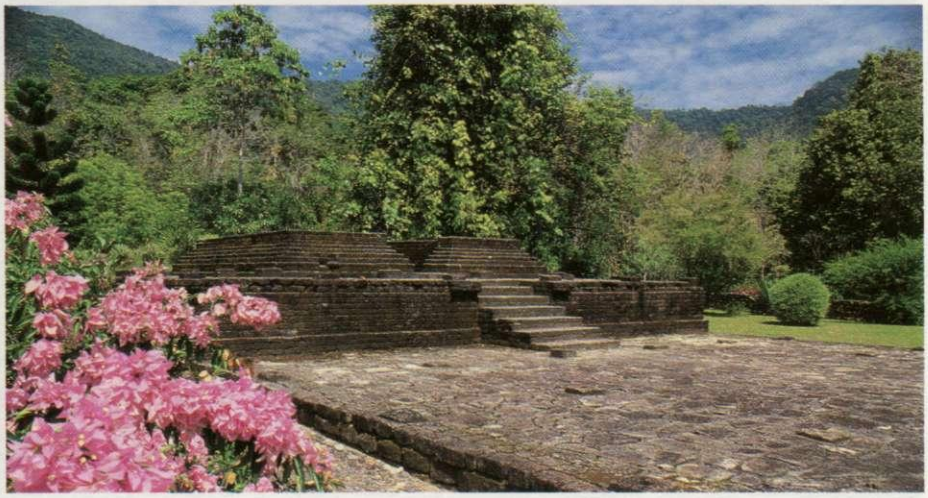
Malaysia has a rich historical background. In the north, Kedah is reputed to be the most ancient state in the country. Archaeological findings at Bujang Valley furnishes evidence of a Hindu-Buddhist civilisation that dates back to 300 AD. It flourished as an important centre of trade and commerce until the 13th century when it waned in importance.

Down south, at around 1400 AD, Malacca, another state located on the maritime route, was establishing

Mount Kinabalu, Sabah



A Famosa, Malacca



Bujang Valley, Kedah

itself as a trading centre. Abundant in clove, nutmeg and pepper, Malacca attracted colonial powers who coveted the monopoly of the spice trade, and gave it the name 'Fabled Spice Islands of the East'.

The strategic importance of the state brought the Portuguese in 1509.

Then came the Dutch who attacked and defeated the Portuguese in 1641. The Dutch ruled for 154 years, followed by the British.

The British, who already had two ports, Penang and Singapore penetrated inland. By the 1920s, all the Malay States on the peninsular came under British protection.

Malay nationalism and desire for self-rule was felt around the 1930s. A call for independence was made but the move was halted by the Second World War. Later, the movement resumed and independence was declared on 31 August 1957.

In 1963, Malaysia was formed, bringing together the states of Malaya, Singapore, Sabah and Sarawak. Singapore, however, left the federation in 1965.

Today, Malaysia is a strong member of the Association of South-East Asian Nations (ASEAN). This association, comprising Brunei Darussalam, Indonesia, Malaysia, Thailand, the Philippines,

The Stadthuys, Malacca

Singapore and Vietnam, its newest member, was formed to promote regional growth and cooperation among member nations.

Malaysia is a melting pot of various races. Its population of 19 million people is made up of the main racial groups of Malays, Chinese, Indians and the diverse indigenous people of Sabah and Sarawak.

Bahasa Malaysia is the national language but English is widely spoken. Other main languages used are Chinese and Tamil.

In a multiracial society where freedom of worship is practised, it is not unusual to see a mosque, a temple or a church sharing a common neighbourhood. Islam has been accepted as the official religion of Malaysia but Buddhism, Hinduism and Christianity are freely practised.

Dataran Merdeka, Kuala Lumpur

For all its complex ethnic set-up, Malaysia has been remarkably peaceful. Mutual respect for each other's culture, traditions, religious beliefs and way of life has created a peaceful social environment, stable political climate and a strong economy for the nation. The government, headed by the Prime Minister and members of his cabinet, is an alliance of parties representing different racial groups. The Supreme Head of State is the Yang Di Pertuan Agong (The King). He is a constitutional monarch elected for a term of 5 years by his fellow rulers from the other states.

A glimpse of Malaysia's multiracial population

Malaysia is one of the most developed countries in the ASEAN region. Its economy is largely dependent on manufacturing products such as electrical and electronic products, textiles, as well as rubber-based products, followed by the agricultural and mining sectors.

Malaysia is also one of the world's largest exporter of palm oil, natural rubber, tropical timber, cocoa beans and pepper. Tourism is also emerging as a leading revenue earner.

Where to Stay

Malaysia offers a wide range of accommodation, from international standard hotels to economy class facilities like government rest houses and chalets.

The Ministry of Culture, Arts & Tourism is currently undertaking an exercise to classify all hotels in the country according to a star rating system (1 to 5 stars). This exercise is expected to be completed by the end of 1996. In the first phase, 30 hotels in the Klang Valley drawn from Kuala Lumpur, Petaling Jaya and Shah Alam have been star rated.

Hotels

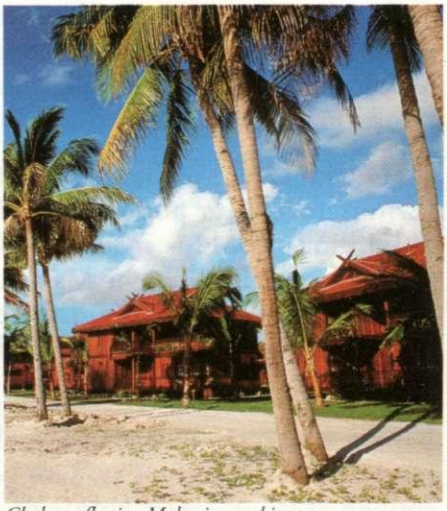
Prices are subject to change but expect an average rate of RM250 per night for a room in an international standard hotel.

Economy class accommodation in a medium-range hotel would cost from RM175 per night, while in a budget hotel, it would cost approximately RM120.

Condominiums/Apartments

Condominiums and apartments offer an alternative form of accommodation with timesharing becoming more popular in recent years.

All types of apartments, be it for single or family use, leisure or business purposes, can be found in Malaysia. A single room apartment costs between RM200 – RM400.



Chalets reflecting Malaysian architecture

Government Rest Houses

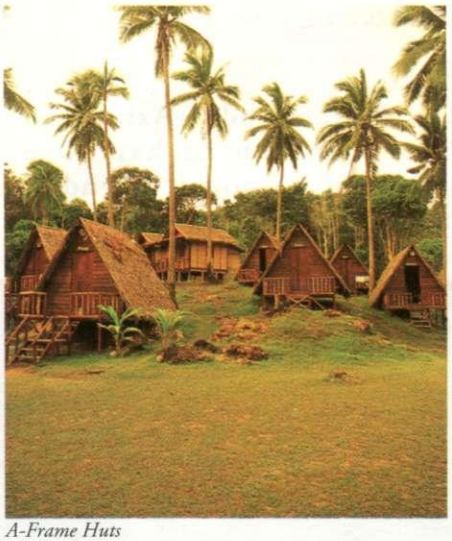
Besides hotels, there are government rest houses – mostly old colonial buildings converted into visitors' accommodation. Facilities are minimal but you will get a clean bed often with an attached bathroom. Cost is below RM100 per room. Bookings are made at the respective District Offices.

Hotel apartments in Kuala Lumpur

Sea Villas

Chalets
Chalet type accommodation are found mainly on island and beach resorts. Rates average aboout RM100 per night.

Low Budget Accommodation
For those on a shoe-string budget, inexpensive accommodation can be found, especially along popular beaches. These offer very basic comfort — a bed and communal facilities.



A-Frame Huts

They include accommodation in A-frame huts and youth hostels. Cost ranges from RM10 to RM25 per person.

Home Away From Home
Homestay programme is a new concept in holiday accommodation. It provides the visitor an opportunity to stay with a Malaysian family and experience firsthand the local culture and way of life. Further information can be obtained from your nearest Tourism Malaysia office or travel agent.

A Mode For Every Mood

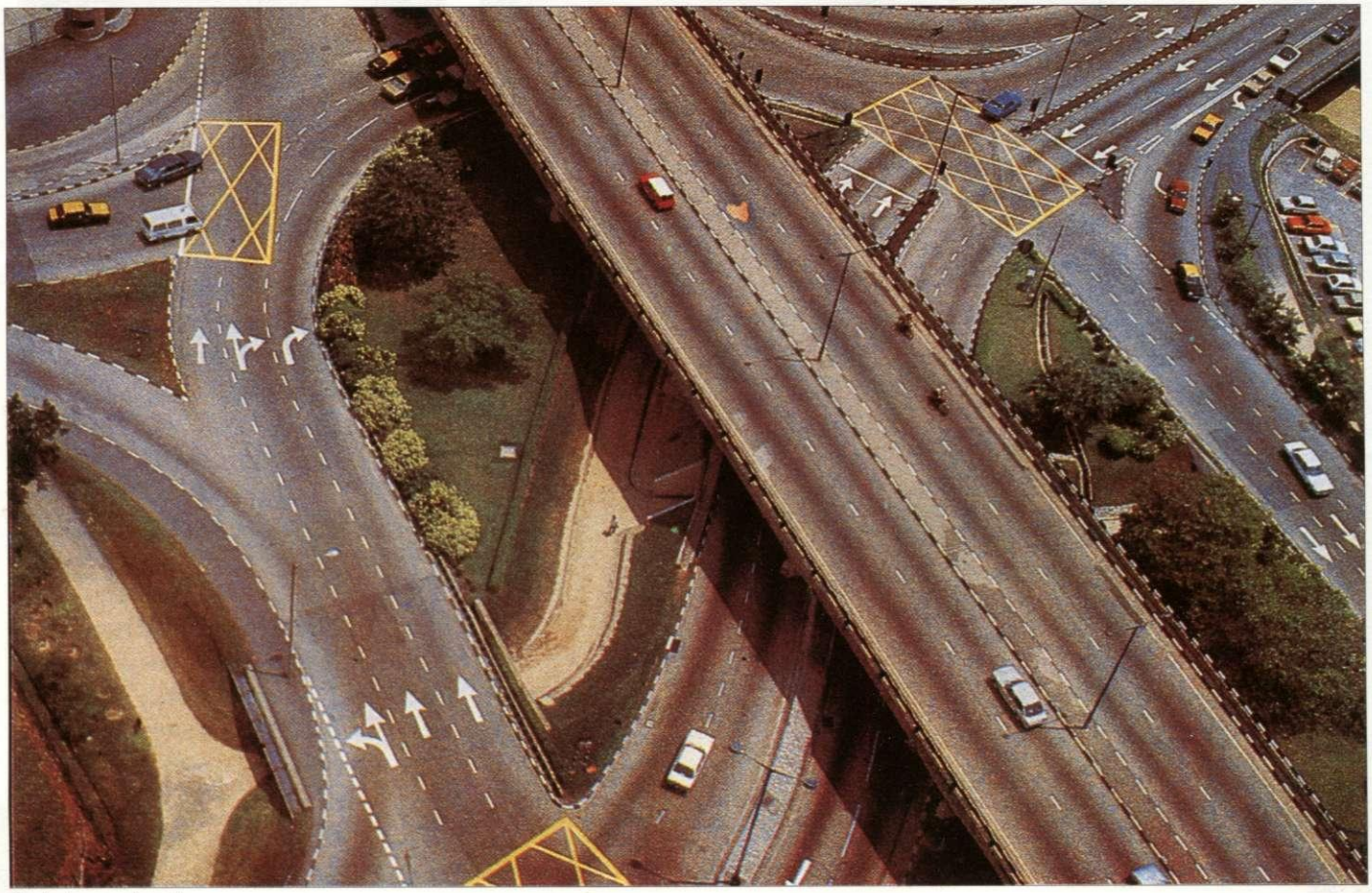
Whether you are in a hurry to get to your destination or you wish to take things leisurely, there's a choice of travel to suit your mood.

By Air

The Sultan Abdul Aziz Shah Airport in Subang has three terminals. Terminal 1 handles international flights, Terminal 2 handles flights from and to Singapore while Terminal 3 serves domestic flights.

With the air traffic estimated to grow between six and seven per cent annually in the next decade, a new airport is being constructed at Sepang, Selangor. The new KL International Airport at Sepang will have one of the most sophisticated passenger facilities in the region when completed for operation in early 1998.

Malaysia Airlines, the national carrier, currently flies to 112 destinations worldwide.



Kuala Lumpur interchange

Dual carriageways ensure swift travel

GUIDE TO DOMESTIC AIR FARE*

Destination	Naut. Miles	Distance Km	One-way RM
Alor Setar-Kota Bharu	116	215	71
Johor Bahru-Kota Kinabalu	811	1502	347
Johor Bahru-Kuala Terengganu	-	-	149
Johor Bahru-Kuching	409	757	169
Kota Kinabalu-Kudat	76	141	50
Kota Kinabalu-Lahad Datu	147	272	106
Kota Kinabalu-Labuan	62	115	52
Kota Kinabalu-Lawas	76	140	47
Kota Kinabalu-Miri	159	294	104
Kota Kinabalu-Sandakan	122	226	83
Kota Kinabalu-Tawau	151	280	96
Kuala Lumpur-Alor Setar	199	368	113
Kuala Lumpur-Ipoh	96	178	66
Kuala Lumpur-Johor Bahru	191	354	93
Kuala Lumpur-Kota Bharu	190	352	104
Kuala Lumpur-Kota Kinabalu	906	1678	437
Kuala Lumpur-Kuala Terengganu	172	318	104
Kuala Lumpur-Kuantan	121	224	74
Kuala Lumpur-Kuching	559	1035	262
Kuala Lumpur-Langkawi	-	-	135
Kuala Lumpur-Penang	153	283	104
Kuantan-Johor Bahru	141	261	93
Kuching-Bintulu	191	354	117
Kuching-Kota Kinabalu	438	811	228
Kuching-Miri	280	519	164
Kuching-Mukah	139	250	76
Kuching-Sibu	103	191	72
Lahad Datu-Tawau	54	100	40

Destination	Naut. Miles	Distance Km	One-way RM
Lawas-Bekelalan	54	100	46
Lawas-Labuan	29	54	31
Lawas-Limbang	24	44	25
Lawas-Long Semadoh	40	74	40
Long Seridan-Long Lellang	32	59	35
Marudi-Bario	73	135	55
Marudi-Long Lellang	73	135	46
Marudi-Long Seridan	46	85	42
Marudi-Sibu	186	344	100
Miri-Bario	97	180	70
Miri-Bintulu	91	168	69
Miri-Labuan	97	180	66
Miri-Lawas	91	168	59
Miri-Limbang	66	123	45
Miri-Marudi	23	42	29
Miri-Mukah	143	264	55
Penang-Kota Bharu	133	246	87
Penang-Kuala Terengganu	171	317	151
Penang-Langkawi	71	131	51
Penang-Ipoh-by Pelangi Air	66	122	72
Sandakan-Kudat	96	177	54
Sandakan-Lahad Datu	56	102	40
Sandakan-Pamol	40	74	40
Sandakan-Semporna	92	170	50
Sandakan-Tawau	100	185	61
Sandakan-Tomanggong	46	85	42
Sibu-Bintulu	88	163	64
Sibu-Kapit	69	128	48
Sibu-Miri	176	326	112
Sibu-Mukah	37	69	30

** Fares listed are Y class and subject to changes*

There is also a small but growing number of domestic airlines serving popular tourist destinations such as Kuala Lumpur, Kuala Terengganu, Pulau Tioman, Pulau Perhentian, Pulau Pangkor, Taman Negara, Kuantan, Ipoh, Penang, Malacca and Pulau Langkawi. These airlines include Pelangi Air, Berjaya Air and Mofaz Air. In addition, the following international airlines also fly to Malaysia:

Aeroflot Soviet Airlines
Air India
Air Lanka
Air Maldives Ltd
Air Mauritius
Air New Zealand
Air Vietnam
Alia/Royal Jordanian Airlines
All Nippon Airways
Ansett Australia
Bangladesh Biman
British Airways
Canadian Airlines International Ltd
Cathay Pacific Airways
China Airlines
China Southern Airlines
Eva Airways Corporation
Garuda Indonesia
Gulf Air
Indian Airline
Iran Air
Japan Airlines
Korean Airlines
Kuwait Airlines
Lufthansa German Airlines
Mandala Airlines
Middle East Airlines
Myanmar Airways Int.
Pakistan Airlines
Philippine Airlines
Qantas Airways
Royal Air Cambodge
Royal Brunei Airlines
Royal Dutch Airlines
Saudi Arabian Airlines
Sempati Airlines
Thai International
Uzbekistan Airlines
Virgin Atlantic Airways
Yunan Airlines

NORTH-BOUND TRAIN SCHEDULE

SINGAPORE - GEMAS - KUALA LUMPUR

TYPE/TRAIN NO.		ER/2	ES/58	XSP/6	EM/60	SM/12
SINGAPORE	Dep.	0730	0815	1430	1945	2210
JOHOR BAHRU		0753	0838	1453	2012	2235
Kempas Baru		-	0851	-	-	-
Kulai		0820	0908	1521	2103	-
Sedenak		-	0918	-	-	-
Layang-Layang		-	0939	-	2129	-
Rengam		-	0951	-	2142	-
Mengkibol		-	1003	-	-	-
KLUANG		0908	1011	1607	2204	0023
Chamek		-	1028	-	2226	-
Paloh		0930	1042	-	2237	-
Bekok		-	-	-	2256	-
Labis		-	1104	-	2313	-
Tenang		-	1130	-	-	-
Genuang		-	1138	-	-	-
SEGAMAT		1021	1146	1716	2343	0155
Batu Anam		-	1200	-	0003	-
GEMAS		1046	1217	1741	0022	0222
Ayer Kuning South		-	-	-	0113	-
Batang Melaka		-	-	-	0141	-
Tebong		-	-	-	0155	-
TAMPIN		1134	-	1831	0211	0320
Rembau		-	-	-	0244	-
SEREMBAN		1218	-	1916	0307	0412
Kajang		1307	-	2004	0411	0505
K. Lumpur	Arr.	1348	-	2045	0500	0555

ER - Express Rakyat
ES - Ekonomi Siang
XSP - Express Sinaran
EM - Ekonomi Malam
SM - Senandung Malam
EL - Express Langkawi
XST - Express Timuran
IE - International Express

KUALA LUMPUR - IPOH - BUTTERWORTH - ARAU - HAADYAI

TYPE/TRAIN NO.		XSP/4	ER/2	EL/8	EM/54	SM/10
K. LUMPUR	Dep.	0740	1405	2015	2035	2235
Sg. Buloh		0754	1427	-	2055	2256
Kuang		-	-	-	2106	-
Rawang		0812	-	2048	2118	2317
K. Kubu Road		-	-	-	2155	2353
Tg. Malim		0904	1538	2147	2218	0016
Behrang		-	-	-	2230	-
Slim River		0923	-	-	2240	-
Trolak		-	-	-	2249	-
Sungkai		0945	-	-	2303	-
Bidor		-	-	-	2314	-
TAPAH ROAD		1017	1636	2248	2327	0119
Kampar		-	1651	2304	2347	-
Malim Nawar		-	-	-	2355	-
Batu Gajah		-	1711	-	0009	0204
IPOH		1056	1728	2342	0043	0224
Tg. Rambutan		1112	-	-	0121	-
Chemor		-	-	-	0130	-
Sungai Siput		-	-	-	0143	-
K. KANGSAR		1150	1822	0120	0208	0327
Padang Rengas		-	-	-	0224	-
TAIPING		1227	1902	0202	0257	0410
Pondok Tanjung		-	-	-	-	-
Bukit Merah		-	-	-	-	-
Bagan Serai		1308	-	-	0345	0453
Parit Buntar		1320	1954	0258	0400	0507
Nibong Tebal		1327	-	-	0409	0518
Simpang Ampat		-	-	-	-	-
BT. MERTAJAM		1347	2020	0328	0436	0538
B'WORTH		1412	2045	-	0510	0605
Sg. Petani		-	-	0438	-	-
Alor Setar		-	-	0537	-	-
ARAU		-	-	0639	-	-
Padang Besar		-	-	0730	-	-
HAADYAI	Arr.	-	-	0815	-	-

By Rail

Keretapi Tanah Melayu Berhad (KTM) or Malayan Railways has an impressive rail network that stretches from north to south and east to west in Peninsular Malaysia.

The KTM Railpass has all the benefits of first-class travel, but at economy rates. Railpass holders are allowed unlimited travel on any passenger train in Malaysia and Singapore for the duration of the railpass. The price for adults is US$55 for 10 days and US$120 for 30 days. For children between 4 and 12 years old, the Railpass is US$28 (10 days) and US$60 (30 days).

For only US$32, youths (not Malaysians or Singaporeans) below the age of 30 holding the ISIC, YIEE Card or Youth Hostel Card can benefit from unlimited 7 days pass on KTM services. The Eurotrain Explorer Pass-Malaysia is valid for second or economy class travel on all KTM services in Peninsular Malaysia (including Singapore).

A luxury train service, the Eastern and Oriental Express, which is modelled after the world-renowned Orient Express, is available too. The 41-hour round-trip journey makes its route from Singapore, through Kuala Lumpur before going up north to Bangkok and then back again.

SOUTH-BOUND TRAIN SCHEDULE

HAADYAI - ARAU - BUTTERWORTH - IPOH - KUALA LUMPUR

TYPE/TRAIN NO.		ER/1	XSP/3	EL/7	EM/53	SM/9
HAADYAI	Dep.	-	-	1550	-	-
Padang Besar		-	-	1845	-	-
ARAU		-	-	1921	-	-
Alor Setar		-	-	2002	-	-
Sg. Petani		-	-	2055	-	-
B'WORTH		0735	1445	-	2000	2215
BT. MERTAJAM		0745	1455	2129	2014	2226
Simpang Ampat		-	-	-	2034	-
Nibong Tebal		-	-	-	2047	2248
Parit Buntar		0812	1522	2221	2057	2257
Bagan Serai		-	1534	-	2113	2311
Bukit Merah		-	-	-	-	-
Pondok Tanjung		-	-	-	-	-
TAIPING		0902	1613	2313	2201	2351
Padang Rengas		-	-	-	2238	-
K. KANGSAR		0938	1650	-	2252	0032
Sungai Siput		-	-	-	2316	-
Chemor		-	-	-	2330	-
Tg. Rambutan		-	1729	-	2341	-
IPOH		1031	1751	0101	2400	0142
Batu Gajah		1058	-	-	0036	0223
Malim Nawar		-	-	-	0055	-
Kampar		1120	-	0202	-	-
TAPAH ROAD		1135	1843	0219	0123	0302
Bidor		-	-	-	0139	-
Sungkai		-	1904	-	0153	-
Trolak		-	-	-	0206	-
Slim River		-	1924	-	0216	-
Behrang		-	-	-	0229	-
Tg. Malim		1233	1943	0329	0240	0412
K. Kubu Road		-	-	-	0305	0436
Rawang		-	2034	0429	0344	0514
Kuang		-	-	-	0358	-
Sg. Buloh		1341	2052	-	0410	0538
K. LUMPUR	Arr.	1410	2120	0525	0450	0610

KUALA LUMPUR - GEMAS - SINGAPORE

TYPE/TRAIN NO.		XSP/5	ES/57	ER/1	EM/59*	SM/11
K. LUMPUR	Dep.	0730	-	1425	2100	2215
Kajang		0801	-	1500	2136	2255
SEREMBAN		0847	-	1544	2230	2350
Rembau		-	-	-	2301	-
TAMPIN		0927	-	1624	2324	0041
Tebong		-	-	-	2348	-
Batang Melaka		-	-	-	0001	-
Ayer Kuning South		-	-	-	0012	-
GEMAS		1015	1300	1709	0037	0137
Batu Anam		-	1306	-	-	-
SEGAMAT		1051	1320	1746	0130	0231
Labis		-	1347	-	0203	-
Bekok		-	1402	-	0220	-
Paloh		-	1416	1839	0237	-
Chamek		-	1425	-	-	-
KLUANG		1202	1440	1901	0308	0403
Mengkibol		-	1449	-	-	-
Rengam		-	1501	-	0333	-
Layang-Layang		-	1512	-	0347	-
Sedenak		-	1524	-	-	-
Kulai		1250	1544	1949	0411	-
JOHOR BAHRU		1317	1613	2017	0447	0538
SINGAPORE	Arr.	1400	1705	2110	0545	0645

The recently introduced KTM commuter service has speedy electric trains plying between Kuala Lumpur and towns in its vicinity i.e. Rawang, Seremban and Port Klang. The city's already comprehensive transportation network will be given a further boost with the completion of the Light Rail Transit (LRT) in 1996.

EAST COAST TRAIN SCHEDULE

GEMAS - TUMPAT - GEMAS

TYPE/TRAIN NO.		82		81
TUMPAT		1110		1530
Wakaf Bharu	Arr.	1046	Dep.	1540
Pasir Mas		1031		1552
Tanah Merah		1006		1616
Temangan		0952		1634
Krai		0932		1649
Dabong		0839		1738
Kemubu		0827		1748
Bertam Baru		0804		1809
Gua Musang		0728		1842
Merapoh		0703		1906
Chegar Perah		0631		1938
Padang Tengku		0606		2000
Kuala Lipis		0538		2010
Krambit		0513		2045
Mela		0500		2056
Jerantut		0438		2114
Kuala Krau		0412		2139
Mentakab		0345		2202
Mengkarak		0320		2224
Triang		0307		2237
Kemayan		0249		2252
Bahau		-		2327
* GEMAS	Dep.	0135	Arr.	0010

LOCAL TRAINS (SOUTH)

GEMAS - KLUANG - SINGAPORE - GEMAS

TYPE/TRAIN NO.		65	67		66	68
GEMAS	Dep.	0600	-	Arr.	-	2210
Batu Anam		0608	-		-	2150
Segamat		0625	-		-	2131
Tenang		0652	-		-	2113
Labis		0705	-		-	2058
Bekok		0723	-		-	2040
Jagoh		0729	-		-	-
Beradin		0736	-		-	-
Paloh		0742	-		-	2025
Bukit Ridan		0748	-		-	2019
Chamek		0754	-		-	2014
Niyor		0805	-		-	2003
Kluang		0816	1400		1350	1949
Mengkibol		0830	1402		1337	1939
Rengam		0844	1414		1325	1916
Layang-Layang		0907	1425		1313	1903
Sedenak		0922	1437		-	-
Kulai		0935	1446		1238	1837
Pahat Senai		0946	-		1226	1828
Kempas Bahru		0958	1502		1220	1815
JOHOR BAHRU		1011	1525		1208	1747
SINGAPORE	Arr.	1110	1610	Dep.	1145	1720

EXPRESS LANGKAWI FARE

KUALA LUMPUR - HAADYAI - KUALA LUMPUR										
	1ST CLASS		2ND CLASS			1ST CLASS		2ND CLASS		
	LOWER BERTH	UPPER BERTH	SEAT	LOWER BERTH	UPPER BERTH	LOWER BERTH	UPPER BERTH	SEAT	LOWER BERTH	UPPER BERTH
Kuala Lumpur	-	-	-	-	-	100.00	90.00	40.00	46.00	43.50
Tapah Road	54.00	44.00	19.00	25.00	22.50	77.00	67.00	30.00	36.00	33.50
Ipoh	62.00	52.00	22.00	28.00	25.50	70.00	60.00	27.00	33.00	30.50
Taiping	75.00	65.00	28.00	34.00	31.50	56.00	46.00	21.00	27.00	24.50
Bukit Mertajam	87.00	77.00	33.00	39.00	36.50	44.00	34.00	16.00	22.00	19.50
Sungai Petani	92.00	82.00	35.00	41.00	38.50	44.00	34.00	16.00	22.00	19.50
Alor Setar	92.00	82.00	35.00	41.00	38.50	44.00	34.00	16.00	22.00	19.50
Arau	92.00	82.00	35.00	41.00	38.50	44.00	34.00	16.00	22.00	19.50
Padang Besar	92.00	82.00	35.00	41.00	38.50	38.00	28.00	13.00	19.00	16.50
Haadyai	100.00	90.00	40.00	46.00	43.50	-	-	-	-	-

Every effort has been made to ensure the accuracy of the contents of this timetable at time of publication. The schedule are subject to changes without prior notice and travellers are therefore advised to check with KTMB's nearest stations on the latest information

ORDINARY TRAIN FARE

From	BUTTERWORTH			KUALA LUMPUR			SINGAPORE		
To	1 RM	2 RM	3 RM	1 RM	2 RM	3 RM	1 RM	2 RM	3 RM
Padang Besar	25.50	11.10	6.30	81.00	35.10	20.00	139.50	60.50	34.40
Arau	21.80	9.50	5.40	76.50	33.20	18.90	136.50	59.20	33.60
Alor Setar	15.30	6.70	3.80	70.50	30.60	17.40	130.50	56.60	32.20
Butterworth	-	-	-	58.50	25.40	14.40	118.50	51.40	29.20
Bukit Mertajam	1.80	0.80	0.50	57.00	24.70	14.10	117.00	50.70	28.80
Taiping	14.40	6.30	3.60	45.00	19.50	11.10	103.50	44.90	25.50
Kuala Kangsar	19.50	8.50	4.80	40.50	17.60	10.00	99.00	42.90	24.40
Ipoh	27.80	12.10	6.90	31.50	13.70	7.80	91.50	39.70	22.60
Tapah Road	36.00	15.60	8.90	23.30	10.10	5.80	84.00	36.40	20.70
Kuala Lumpur	58.50	25.40	14.40	-	-	-	60.00	26.00	14.80
Seremban	70.50	30.60	17.40	11.10	4.90	2.80	49.50	21.50	12.20
Tampin	76.50	33.20	18.90	18.80	8.20	4.70	42.00	18.20	10.40
Gemas	85.50	37.10	21.10	27.00	11.70	6.70	34.50	15.00	8.50
Segamat	88.50	38.50	21.80	31.50	13.70	7.80	30.00	13.00	7.40
Kluang	102.00	44.20	25.10	43.50	18.90	10.80	17.30	7.50	4.30
Johor Bahru	114.00	49.40	28.10	55.60	24.10	13.70	4.20	1.90	1.10
Singapore	118.50	51.40	29.90	60.00	26.00	14.80	-	-	-
Mentakab	103.50	44.90	25.50	45.00	19.50	11.10	52.50	22.80	13.00
Jerantut	111.00	48.10	27.40	52.50	22.80	13.00	60.00	26.00	14.80
Kuala Lipis	118.50	51.40	29.20	61.50	26.70	15.20	67.50	29.30	16.70
Gua Musang	133.50	57.90	32.90	75.00	32.50	18.50	82.50	35.80	20.30
Krai	151.50	65.70	37.30	93.00	40.30	22.90	100.50	43.60	24.80
Pasir Mas	160.50	69.60	39.50	102.00	44.90	25.10	109.50	47.50	27.00
Wakaf Bharu	162.00	70.20	39.90	103.50	44.00	25.50	111.00	48.10	27.40
Tumpat	163.50	70.90	40.30	106.50	46.20	26.20	112.50	48.80	27.70
Haadyai	33.70	14.80	-	89.20	38.80	-	147.70	64.20	-
Bangkok	92.80	42.30	-	148.30	66.30	-	206.80	91.70	-

TIMURAN EXPRESS

SINGAPORE - TUMPAT - SINGAPORE				
TYPE/TRAIN NO.		XST/14		XST/15
TUMPAT	Arr.	0945	Dep.	1935
Wakaf Bharu		0922		1945
Pasir Mas		0907		1957
Tanah Merah		0842		2021
Krai		0809		2053
Gua Musang		0615		2243
KUALA LIPIS		0444		0008
Jerantut		0350		0100
Mentakab		0300		0147
Triang		0209		0216
Bahau		0123		0327
GEMAS		0041		0403
Segamat		0015		0429
Labis		2349		-
Kluang		2301		0541
JOHOR BHARU		2143		0657
SINGAPORE	Dep.	2120	Arr.	0800

INTERNATIONAL EXPRESS

BUTTERWORTH - BANGKOK - BUTTERWORTH				
TYPE/TRAIN NO.		IE/48		IE/49
BANGKOK	Arr.	0835+	Dep.	1515+
HAADYAI		1640+		0720+
Padang Besar		1636		1000
ARAU		1603		1021
Alor Setar		1530		1054
Sungai Petani		1440		1144
Bukit Mertajam		1406		1218
Bukit Tengah		1351		-
BUTTERWORTH	Dep.	1345	Arr.	1244

+ Thai time for Malaysia add 60 minutes

EXPRESS TRAIN FARE

From	BUTTERWORTH			KUALA LUMPUR			SINGAPORE		
To	1 RM	2 RM	3 RM	1 RM	2 RM	3 RM	1 RM	2 RM	3 RM
Padang Besar	34.00	20.00	11.00	89.00	44.00	24.00	148.00	69.00	39.00
Arau	30.00	18.00	10.00	85.00	42.00	23.00	145.00	68.00	38.00
Alor Setar	24.00	15.00	8.00	79.00	39.00	22.00	139.00	65.00	37.00
Sungai Petani	15.00	11.00	6.00	70.00	35.00	20.00	130.00	61.00	34.00
Butterworth	-	-	-	67.00	34.00	19.00	127.00	60.00	34.00
Bukit Mertajam	10.00	9.00	5.00	65.00	33.00	19.00	125.00	59.00	33.00
Parit Buntar	14.00	11.00	6.00	61.00	31.00	17.00	121.00	57.00	32.00
Taiping	23.00	15.00	8.00	53.00	28.00	16.00	112.00	53.00	30.00
Kuala Kangsar	28.00	17.00	9.00	49.00	26.00	14.00	107.00	51.00	29.00
Ipoh	36.00	21.00	11.00	40.00	22.00	12.00	100.00	48.00	27.00
Batu Gajah	38.00	21.00	12.00	38.00	21.00	12.00	97.00	47.00	26.00
Kampar	41.00	23.00	13.00	34.00	20.00	11.00	94.00	46.00	26.00
Tapah Road	44.00	24.00	13.00	32.00	19.00	10.00	92.00	45.00	25.00
Kuala Lumpur	67.00	34.00	19.00	-	-	-	68.00	34.00	19.00
Seremban	79.00	39.00	22.00	20.00	13.00	7.00	58.00	30.00	17.00
Tampin	85.00	42.00	23.00	27.00	17.00	9.00	50.00	27.00	15.00
Gemas	94.00	46.00	26.00	35.00	20.00	11.00	43.00	23.00	13.00
Segamat	97.00	47.00	26.00	40.00	22.00	12.00	38.00	21.00	12.00
Kluang	110.00	53.00	30.00	52.00	27.00	15.00	26.00	16.00	9.00
Johor Bahru	122.00	58.00	33.00	64.00	33.00	18.00	13.00	10.00	6.00
Singapore	127.00	60.00	34.00	68.00	34.00	19.00	-	-	-
Bahau	-	-	-	41.00	23.00	13.00	47.00	25.00	14.00
Triang	-	-	-	49.00	26.00	15.00	56.00	29.00	16.00
Mentakab	-	-	-	54.00	29.00	16.00	61.00	31.00	17.00
Jerantut	-	-	-	62.00	32.00	18.00	68.00	34.00	19.00
Kuala Lipis	-	-	-	70.00	35.00	20.00	76.00	38.00	21.00
Gua Musang	-	-	-	85.00	42.00	24.00	91.00	44.00	25.00
Krai	-	-	-	103.00	50.00	28.00	109.00	54.00	29.00
Tanah Merah	-	-	-	107.00	52.00	29.00	113.00	54.00	30.00
Pasir Mas	-	-	-	112.00	54.00	30.00	118.00	56.00	31.00
Wakaf Bharu	-	-	-	113.00	54.00	31.00	119.00	57.00	32.00
Tumpat	-	-	-	115.00	55.00	31.00	121.00	57.00	32.00

Buses

The choice of the masses, air-conditioned and non-airconditioned buses are available from Kuala Lumpur to other towns in Peninsular Malaysia.

Buses plying within towns and cities charge fares according to the distance covered. The exceptions are the mini buses in Kuala Lumpur. They charge a standard fare of 60 sen to any destination within their routes.

Limousines

Limousines services are available from the airport to hotels in the city. To hire one, please enquire at the taxi counter.

Taxis

Interstate taxis are both inexpensive and fast to travel from one state to another. The taxi stand in Kuala Lumpur is located on the level 2 of the Pudu Raya Bus Terminal. Fares for interstate taxis are fixed. Meters are not used.

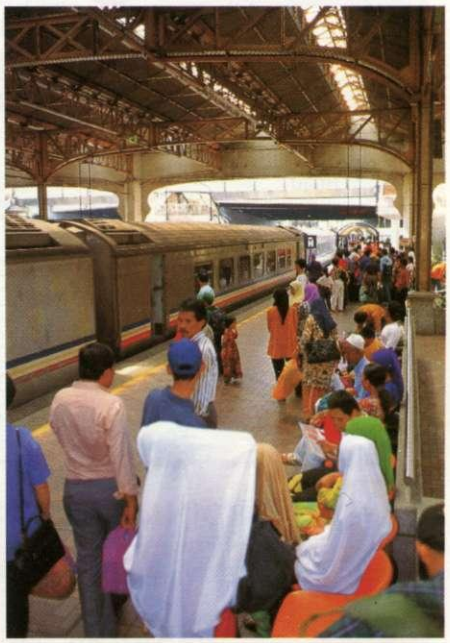
City taxis are metered. In Kuala Lumpur taxis are easily recognizable by their yellow and black colour or the new red and white colour.

Taxi fares are calculated according to metres. The flagged down fare is RM1.50 for the first two kilometres and 10 sen for every 200m there after.

There is no extra cost for air-conditioned taxis. A 50% surcharge on the fare from midnight to 6 am is normal.

Guided Tours

If you wish to go on a sightseeing tour, please enquire at the Tourist Information Centres, or from your hotel. Sightseeing tours are accompanied by licensed tour guides. All tour operators are required to be licensed under the



Ministry of Culture, Arts and Tourism.

Self-drive Tours

Roads in Malaysia are among the finest in the region. Self-driving is an excellent way to see the country via highways that cut through spectacular scenery and roads that pass through quaint villages .

You need an international driving permit or a valid licence issued by your government to drive in Malaysia. Rates for a car vary from RM60 to RM260 per day. Car rental can be arranged through your hotel. Or look through the Yellow Pages Directory for a list of car rental companies.

All international rules apply to tourists driving in the country. Minor road offences not involving accidents are compoundable and can be settled at the nearest police station.

Drivers on a self-drive holiday, please note that traffic circulation is on the left. At roundabouts give way to the driver on your right.

EXPRESSWAY *Distance shown (in km) are approximates and do not follow short cuts over questionable roads. (1 kilometre = 0.621 mile)*

	Alor Setar	Ayer Hitam	Butterworth	C. Highlands	Fraser's Hill	Ipoh	Johor Bahru	Klang	Kluang	Kota Bharu	Kuala Lumpur	K. Terengganu	Kuantan	Malacca	Mersing	Muar	Port Dickson	Segamat	Seremban	Singapore	Sungai Petani	Taiping	Tanjong Malim	Tapah	Teluk Intan
Alor Setar	-	772	97	378	465	496	847	496	774	1094	481	929	713	629	880	673	571	681	547	874	60	188	402	322	354
Ayer Hitam	772	-	674	512	325	523	92	323	21	761	278	595	381	130	126	87	212	92	206	119	713	608	362	438	472
Butterworth	97	674	-	288	375	164	766	396	695	996	381	830	615	531	781	575	473	583	449	776	37	90	354	224	256
C. Highlands	378	512	288	-	209	121	595	261	523	842	229	676	462	377	628	420	330	370	296	623	319	206	146	61	113
Fraser's Hill	465	325	375	209	-	208	470	137	599	631	103	467	269	251	604	295	203	298	171	497	406	293	63	148	179
Ipoh	264	523	164	121	208	-	584	233	512	832	217	668	451	365	616	409	309	418	285	612	203	85	145	60	92
Johor Bahru	847	92	766	595	470	584	-	398	105	855	367	690	473	219	134	175	306	187	299	27	787	669	449	526	554
Klang	496	323	396	261	137	233	398	-	327	690	32	525	309	180	431	224	109	232	98	425	435	317	116	192	142
Kluang	774	21	695	523	599	512	105	327	-	784	295	509	293	146	105	103	233	114	227	132	715	597	378	452	483
Kota Bharu	1094	761	996	842	631	832	855	690	784	-	658	164	381	684	552	707	686	669	652	882	1035	917	697	774	1801
Kuala Lumpur	481	278	381	229	103	217	367	32	295	658	-	492	277	148	399	192	90	201	68	394	420	302	84	159	198
K. Terengganu	929	595	830	676	467	668	690	525	509	164	492	-	216	517	401	539	521	504	488	718	866	752	528	608	636
Kuantan	713	381	615	462	269	451	473	309	293	381	277	216	-	303	190	325	306	288	272	501	653	534	317	391	420
Malacca	629	130	531	377	251	365	219	180	146	684	148	517	303	-	251	43	87	97	82	245	568	451	232	307	336
Mersing	880	126	781	628	604	616	134	431	105	552	399	401	190	251	-	208	338	219	332	161	821	702	621	560	587
Muar	673	87	575	420	295	409	175	224	130	707	192	539	325	43	208	-	130	80	126	201	612	494	275	351	380
Port Dickson	571	212	473	330	203	309	306	109	233	686	90	521	306	87	338	130	-	156	34	331	512	394	174	251	278
Segamat	681	92	583	370	298	418	187	232	114	669	201	504	288	97	219	80	156	-	134	214	621	504	285	360	388
Seremban	547	206	449	296	171	285	299	98	227	652	68	488	272	82	332	126	34	134	-	327	488	370	151	225	256
Singapore	874	119	776	623	497	612	27	425	132	882	394	718	501	245	161	201	331	214	327	-	814	697	478	554	581
Sungai Petani	60	713	37	319	406	203	787	435	715	1035	420	866	653	568	821	612	512	621	488	814	-	127	336	262	295
Taiping	188	608	90	206	293	85	669	317	597	917	302	752	534	451	702	494	394	504	370	697	127	-	219	145	177
Tanjong Malim	402	362	354	146	63	145	449	116	378	697	84	528	317	232	621	275	174	285	151	478	336	219	-	76	116
Tapah	322	438	224	61	148	60	526	192	452	774	159	608	391	307	560	351	251	360	225	554	262	145	76	-	51
Teluk Intan	354	472	256	113	179	92	554	142	483	801	198	636	420	336	587	380	278	388	256	581	295	177	116	51	-

Source: Public Works Department.

Drivers and front seat passengers are required by law to wear safety belts. Motorists are also warned against 'drink driving' as they might be fined if found by the law to have consumed alcohol exceeding the permissible level.

The Automobile Association of Malaysia (AAM) is the national motoring organisation of Malaysia. Tourists who are members of motoring organisations affiliated to AAM are given free reciprocal membership. Petrol (premium) currently costs RM1.10 per litre. Unleaded petrol can be obtained at most petrol stations.

Trishaws

When life in the fast lane gets too hectic, take a trishaw. A slow mode of travel but nevertheless, one that allows you to sit back and be taken to places within a town – at a snail's pace! Enjoy it! A great way when you have to take photographs. It costs approximately RM25 for half a day of sightseeing.

Motorbikes and Bicycles for Hire

They are not a common feature in tourist spots yet but a few holiday resorts do provide them.

Tourist Police

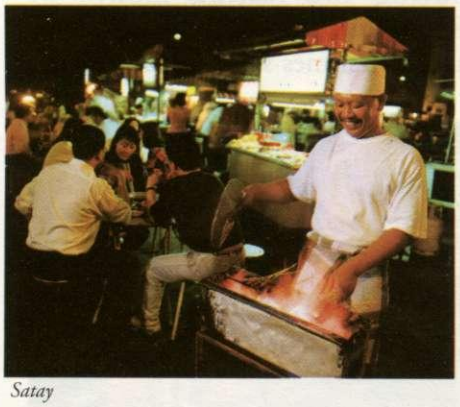
Lost your way? Need help? Look for a tourist police officer. Tourist police officers are recognised by their chequered hat bands, dark blue shirts and trousers and the letter "*i*" (for information) on a red and blue badge on their breast pocket.

	Alor Gajah	Alor Setar	Baling	Batu Pahat	Bt Fraser	Bukit Ibam	Bukit Kayu Hitam	Butterworth	Brinchang	Dabong	Desaru	Dungun	Gemas	Gerik	Gua Musang	Ipoh	Jeli	Johor Bahru	Kajang	Kangar	Klang	Kluang	Kota Bharu	Kota Tinggi	Kuala Kangsar	Kuala Lipis	Kuala Lumpur	Kuala Selangor	Kuala Terengganu	Kuantan	Lumut	Maran	Melaka	Mersing	Muar	Padang Besar	Pasir Putih	Pelabuhan Klang	Pontian Kecil	Port Dickson	Sabak Bernam	Segamat	Seremban	Shah Alam	Sitiawan	Sungai Petani	Taiping	Tampin	Teluk Intan	Temerloh
Alor Gajah		582	541	119	704	660	219	443	402	338	194	700	659	324	630	48	162	752	491	748	489	93	91	608	350	607	141	334	378	337	443	195	315	426	285	676	349	235	795	488	595	397	350	452	316	898	867	194	535	291	946	805	650	795	398	599	485	433	381	252	647	576	565	356	464	612	296	182	734	434	542	344	273	399	53	767	303	603	328	70	630	589	153	267	112	678	537	382	656	283	328	239	830	86	126	467	280	878	737	582	799	94	456	215	727	605	573	746	479	176	62	598	340	597	224	154	275	177	795	427	527	392	504	395	521	222	436	557	491	401	266	675	374	390	337	325	257	216	444	186	443	305	164	121	331	641	581	373	154	491	99	484	443	221	121	217	532	391	236	423	394	943	644	660	221	381	312	554	323	213	278	227	302	236	501	729	525	341	717	41	380	890	416	90	551	288	204	396	296	33	507	803	329	583	533	655	143	432	140	782	510	166	697	246	574	237	184	391	113	689	496	454	507	658	627	153	173	583	266	375	280	120	187	475	268	408	212	24	279	69	664	557	161	195	88	250	99	56	145	396	524	411	14	286	162
Alor Setar	582		114	704	660	402	443	219	700	659	48	162	91	350	93	608	607	141	224	154	267	195	315	426	285	397	350	452	378	337	235	795	488	595	291	946	805	650	795	381	252	647	576	565	356	464	176	62	598	340	597	434	542	344	273	399	53	767	303	603	328	630	589	153	267	112	678	537	382	656	283	328	830	86	126	467	280	878	737	582	799	94	456	215	727	605	573	746	525	341	875	529	347	302	236	501	729	525	341	717	41	380	890	416	90	551	288	204	396	296	33	507	803	329	583	533	655	143	432	140	782	510	166	697	246	574	237	184	391	113	689	496	454	507	658	660	638	323	255	171	239	238	67	455	446	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Baling	541	114		704	660	402	443	659	700	324	91	608	350	607	489	630	589	267	491	224	154	340	337	235	795	488	595	397	350	452	316	867	194	535	946	805	650	795	565	356	464	328	70	630	537	382	656	283	328	239	830	86	126	467	280	878	737	582	799	94	456	215	727	605	573	746	479	176	62	598	340	597	224	154	275	177	795	427	527	392	504	395	521	222	436	557	491	401	266	675	374	390	337	325	257	216	444	186	443	305	164	121	331	641	581	373	154	491	99	484	443	221	121	217	532	391	236	423	394	943	644	660	221	381	312	554	323	213	278	227	302	236	501	729	525	341	717	41	380	890	416	90	551	288	204	396	296	33	507	803	329	583	533	655	143	432	140	782	510	166	697	246	574	237	184	391	113	689	496	454	507	658	660	638	323	255	171	239	238	67	455	446	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Batu Pahat	219	443	402	338		659	700	324	219	752	608	350	607	141	748	491	267	112	678	537	382	656	283	328	464	177	795	427	527	374	390	337	154	491	401	266	675	581	331	641	373	603	124	605	573	746	278	227	302	236	501	729	525	341	717	41	380	890	416	90	551	288	204	396	296	33	507	803	329	583	533	655	143	432	140	782	510	166	697	246	574	237	184	391	113	689	496	454	507	658	660	638	323	255	171	239	238	67	455	446	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Bt Fraser	194	700	659	324	219		752	491	748	608	350	607	141	224	154	340	597	267	112	678	537	382	656	283	328	464	177	795	427	527	374	390	337	154	491	401	266	675	581	331	641	373	603	124	605	573	746	278	227	302	236	501	729	525	341	717	41	380	890	416	90	551	288	204	396	296	33	507	803	329	583	533	655	143	432	140	782	510	166	697	246	574	237	184	391	113	689	496	454	507	658	660	638	323	255	171	239	238	67	455	446	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Bukit Ibam	48	162	752	491	748	194	535	291	946	805	650	795	488	595	397	350	452	285	426	315	195	443	337	235	795	488	595	397	350	452	316	867	194	535	946	805	650	795	381	252	647	576	565	356	464	176	62	598	340	597	434	542	344	273	399	53	767	303	603	328	630	589	153	267	112	678	537	382	656	283	328	239	830	86	126	467	280	878	737	582	799	94	456	215	727	605	573	746	479	176	62	598	340	597	224	154	275	177	795	427	527	392	504	395	521	222	436	557	491	401	266	675	374	390	337	325	257	216	444	186	443	305	164	121	331	641	581	373	154	491	99	484	443	221	121	217	532	391	236	423	394	943	644	660	221	381	312	554	323	213	278	227	302	236	501	729	525	341	717	41	380	890	416	90	551	288	204	396	296	33	507	803	329	583	533	655	143	432	140	782	510	166	697	246	574	237	184	391	113	689	496	454	507	658	660	638	323	255	171	239	238	67	455	446	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Bukit Kayu Hitam	315	426	285	397	350	452	316	867	194	535	291	946	805	650	795	488	595	397	350	452	378	337	235	795	488	595	397	350	452	316	867	194	535	946	805	650	795	398	599	485	433	381	252	647	576	565	356	464	612	296	182	734	434	542	344	273	399	53	767	303	603	328	70	630	589	153	267	112	678	537	382	656	283	328	239	830	86	126	467	280	878	737	582	799	94	456	215	727	605	573	746	479	176	62	598	340	597	224	154	275	177	795	427	527	392	504	395	521	222	436	557	491	401	266	675	374	390	337	325	257	216	444	186	443	305	164	121	331	641	581	373	154	491	99	484	443	221	121	217	532	391	236	423	394	943	644	660	221	381	312	554	323	213	278	227	302	236	501	729	525	341	717	41	380	890	416	90	551	288	204	396	296	33	507	803	329	583	533	655	143	432	140	782	510	166	697	246	574	237	184	391	113	689	496	454	507	658	660	638	323	255	171	239	238	67	455	446	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Butterworth	334	378	337	443	195	315	426	285	397	350	452	316	867	194	535	946	805	650	795	488	595	397	350	452	378	337	235	795	488	595	397	350	452	316	867	194	535	291	946	805	650	795	381	252	647	576	565	356	464	176	62	598	340	597	224	154	275	177	795	427	527	392	504	395	521	222	436	557	491	401	266	675	374	390	337	325	257	216	444	186	443	305	164	121	331	641	581	373	154	491	99	484	443	221	121	217	532	391	236	423	394	943	644	660	221	381	312	554	323	213	278	227	302	236	501	729	525	341	717	41	380	890	416	90	551	288	204	396	296	33	507	803	329	583	533	655	143	432	140	782	510	166	697	246	574	237	184	391	113	689	496	454	507	658	660	638	323	255	171	239	238	67	455	446	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Brinchang	676	349	235	795	488	595	397	350	452	316	867	194	535	946	805	650	795	398	599	485	433	381	252	647	576	565	356	464	328	70	630	589	153	267	112	678	537	382	656	283	328	239	830	86	126	467	280	878	737	582	799	94	456	215	727	605	573	746	479	176	62	598	340	597	224	154	275	177	795	427	527	392	504	395	521	222	436	557	491	401	266	675	374	390	337	325	257	216	444	186	443	305	164	121	331	641	581	373	154	491	99	484	443	221	121	217	532	391	236	423	394	943	644	660	221	381	312	554	323	213	278	227	302	236	501	729	525	341	717	41	380	890	416	90	551	288	204	396	296	33	507	803	329	583	533	655	143	432	140	782	510	166	697	246	574	237	184	391	113	689	496	454	507	658	660	638	323	255	171	239	238	67	455	446	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Dabong	316	898	867	194	535	291	946	805	650	795	398	599	485	433	381	252	647	576	565	356	464	612	296	182	734	434	542	344	273	399	53	767	303	603	328	630	589	153	267	112	678	537	382	656	283	328	239	830	86	126	467	280	878	737	582	799	94	456	215	727	605	573	746	479	176	62	598	340	597	224	154	275	177	795	427	527	392	504	395	521	222	436	557	491	401	266	675	374	390	337	325	257	216	444	186	443	305	164	121	331	641	581	373	154	491	99	484	443	221	121	217	532	391	236	423	394	943	644	660	221	381	312	554	323	213	278	227	302	236	501	729	525	341	717	41	380	890	416	90	551	288	204	396	296	33	507	803	329	583	533	655	143	432	140	782	510	166	697	246	574	237	184	391	113	689	496	454	507	658	660	638	323	255	171	239	238	67	455	446	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Desaru	398	599	485	433	381	252	647	576	565	356	464	612	296	182	734	434	542	344	273	399	53	767	303	603	328	70	630	589	153	267	112	678	537	382	656	283	328	239	830	86	126	467	280	878	737	582	799	94	456	215	727	605	573	746	479	176	62	598	340	597	224	154	275	177	795	427	527	392	504	395	521	222	436	557	491	401	266	675	374	390	337	325	257	216	444	186	443	305	164	121	331	641	581	373	154	491	99	484	443	221	121	217	532	391	236	423	394	943	644	660	221	381	312	554	323	213	278	227	302	236	501	729	525	341	717	41	380	890	416	90	551	288	204	396	296	33	507	803	329	583	533	655	143	432	140	782	510	166	697	246	574	237	184	391	113	689	496	454	507	658	660	638	323	255	171	239	238	67	455	446	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Dungun	280	530	489	402	103	317	578	437	282	385	538	381	271	427	119	273	331	468	193	575	204	319	584	453	671	120	356	288	272	586	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Gemas	120	462	421	239	99	238	510	369	214	556	436	390	168	359	290	205	503	368	22	507	33	296	474	383	255	171	239	238	67	455	446	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Gerik	187	446	405	306	166	305	494	352	214	520	503	457	235	343	357	189	467	435	89	491	47	363	541	440	239	238	67	455	446	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Gua Musang	475	521	407	500	453	317	569	498	633	278	529	78	405	349	296	503	225	521	477	566	488	505	168	492	453	446	455	522	326	209	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Ipoh	268	684	616	304	253	121	726	591	436	487	333	131	197	558	369	427	434	325	281	729	292	294	371	283	477	250	259	326	272	586	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Jeli	408	278	273	527	269	526	336	170	204	414	724	639	454	216	553	83	340	656	310	320	319	584	453	671	120	356	288	272	250	586	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Johor Bahru	212	608	567	326	181	143	656	515	360	559	397	207	177	505	293	351	506	388	205	653	216	316	440	345	401	174	183	250	272	586	510	434	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Kajang	24	606	565	98	243	206	654	513	358	689	292	422	94	503	423	349	636	224	123	651	177	152	607	242	399	304	144	211	508	292	76	434	432	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Kangar	279	815	774	158	436	151	863	722	567	679	142	328	247	712	548	558	625	134	329	860	386	104	568	92	608	429	353	420	401	191	641	253	236	255	253	641	191	401	420	353	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Klang	69	651	610	53	288	259	694	558	403	734	247	467	139	548	468	394	681	179	168	969	222	107	652	197	444	349	189	256	544	336	477	281	45	210	733	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Kluang	664	82	196	783	525	782	130	175	460	431	980	681	712	258	586	339	379	912	566	37	540	840	491	927	298	612	544	528	603	760	360	690	688	897	528	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Kota Bharu	557	393	279	628	390	445	441	370	496	150	656	206	533	221	168	375	97	649	565	438	491	632	40	620	325	287	458	525	128	337	437	400	581	528	626	475	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Kota Tinggi	161	503	462	280	140	279	551	401	255	597	477	431	209	400	331	246	544	409	83	548	8	337	515	424	296	212	41	55	496	300	329	224	185	394	230	585	483	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Kuala Kangsar	195	777	733	73	411	292	825	681	526	849	142	506	226	671	594	517	796	61	294	819	345	127	739	92	567	475	312	379	571	375	600	399	171	184	125	859	699	337	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Kuala Lipis	88	552	511	192	189	206	600	459	304	646	404	420	133	449	380	295	593	318	75	603	115	279	564	369	345	261	90	162	503	291	384	231	94	321	139	634	554	123	265	514	226	327	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Kuala Lumpur	250	383	342	369	198	368	431	290	153	457	566	520	298	280	420	126	404	498	152	428	110	426	520	513	176	283	130	63	585	389	209	313	274	550	318	465	501	118	514	226	197	165	251	32	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Kuala Selangor	99	659	618	124	292	95	707	566	411	685	254	309	29	556	419	402	632	186	176	704	230	114	584	204	452	300	197	264	376	180	485	202	120	218	168	741	504	238	197	514	226	327	165	105	251	32	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Kuala Terengganu	56	526	485	172	163	174	574	433	478	620	372	388	101	423	354	269	566	304	43	571	97	247	538	337	319	235	64	131	471	259	352	199	80	289	125	608	522	105	251	32	194	133	90	121	118	222	473	340	301	468	429	206	125	516	403	278	176	148	276
Kuantan	145	486	446	264	124	263	534	394	239	581	461	415	193

Malaysian cuisine is extremely diverse. Each racial group has contributed to the great Malaysian gastronomic heritage. You can have a different dish daily for a year and still not have tried them all. Generally, Malay and Indian cuisines are spicier while Chinese cuisine is milder in taste. There are also cuisines of other ethnic groups, and a growing range of international cuisines. To add to the appeal, eating out in Malaysia is relatively inexpensive.

Simply irresistible! Malaysia's delectable range of cuisine

Malaysia On A Plate



Satay

Satay. The popular dish of Malaysia. Bite-sized pieces of beef, mutton or chicken are marinated in spices, then skewered through thin bamboo strips, and barbecued over charcoal fire. *Satay* is served with *ketupat* (rice cake) and a raw salad of cucumber, pineapple and onions. Sweet spicy peanut gravy accompanies the dish.

Nasi Lemak. Rice cooked in coconut milk. Served with *ikan bilis* (anchovies), *sambal*, boiled egg, fried peanuts and cucumber slices. This is also a popular breakfast dish.

Roti Canai. It's the all-time breakfast favourite of Malaysians. Made from wheat-flour dough, sometimes beaten egg and diced onions are incorporated to result in a crispier pancake.

Nasi Dagang. A popular breakfast dish in Kelantan and Terengganu. Consists of Brastari rice and fish curry.

Nasi Goreng. Fried rice. A complete dish in itself with bits of meat, prawns, egg and vegetables.

Nasi Kandar. So named because the hawkers in Penang, years ago, carried pots of rice and curry balanced on both ends of a pole. The dish consists of meat, chicken, fish and vegetables. Try it next time when you are in Penang.

Rojak. Salad of pineapple, cucumber, beancurd, prawn fritters and boiled egg served with peanut sauce.

Char Kway Teow. Flat rice noodles stir-fried with minced garlic, fresh prawns, bean sprouts, cockles and eggs, seasoned with soy sauce and chilli paste.

Chicken Rice. There are several variations of chicken rice but the most popular kind is the Hainanese chicken rice. The chicken is moist and tender. Served with rice which have been cooked in chicken stock. The dish is livened up with garlic/chilli sauce, cucumber slices and coriander leaves.

Curry Laksa. Noodle dish served in curry. Pieces of boiled chicken, cockles, taufoo and bean sprouts are added to the dish.

Fried Noodles. Noodles are similar to pasta, except that it is made out of rice flour. There are several different variations of preparing a noodle dish. It can, for example, be cooked according

to Malay-style, Chinese-style, Indian Muslim-style and also vegetarian style.

Hokkien Mee. A traditional favourite of the Chinese. This is thick yellow noodles cooked with prawns, squids and beansprouts and flavoured heavily with soy sauce.

Murtabak. Roti Canai stuffed with a mixture of minced beef, egg and onion. Served with curry.

Nasi Ulam. It is a dish that is usually prepared during the fasting month of Ramadan, but in the states of

Chicken rice

Kelantan and Terengganu, it can be found at all times.

Rendang. A type of meat dish preparation which takes hours to prepare. Meat, coconut milk, chillies, onions and spices such as cinnamon, cloves, coriander and nutmeg are cooked over low heat. Result? Tasty, moist tender meat with subtle sweetness. Eaten with rice, *ketupat* (rice cake) or *lemang* (glutinous rice cooked in coconut milk).

Steamboat. Diners sit round a table which has a soup tureen in the middle of the table. A fire below keeps it boiling hot. You place prepared raw pieces of prawns, chicken, quails' eggs, sea cucumber and liver in the boiling soup.

Szechuan Chicken. A fiery hot cuisine which comprises diced chicken with dried chilli.

Thosai. A light pancake made from rice flour. It is sometimes stuffed with potato and mixed vegetables. *Thosai* is served with coconut *chutney* and lentil curry.

Wantan Mee. Noodles served in a soup with prawn dumplings and roast pork

Hawker Food

Hawker food is cheap, tasty and fast. Some people have preconceived ideas about its cooking being done in open-air surroundings. But if a stall is located in a clean environment and the food-handler looks clean, you would be safe eating in the stall.

Hawker food is usually prepared as you order so freshness is ensured. Hawker stalls present a fantastic selection of stir-fried noodles, soup, fried rice and an endless variety of seafood dishes. They offer a Malaysian gastronomic adventure you should not miss!

Vegetarian food

Tantalising meat-free dishes can be found in Buddhist vegetarian restaurants or in South Indian Banana-Leaf restaurants. The latter offers a unique culinary experience. Instead of plates and cutlery, your food will be served on a banana leaf and you use your hand to eat.

Seafood

The seas surrounding Malaysia are abundant with fish, prawns, squids, lobsters, crabs as well as more unusual table delicacies like sea cucumbers. Seafood dining in Malaysia is an experience because of the variety of fresh ingredients tastefully prepared in delectable styles.

Fast Food

American fast food outlets have sprung up in the last decade and can be found in almost every town. Among them are Kentucky Fried Chicken, McDonald's, A&W and Pizza Hut, to name a few.

International Cuisines

Many of the world's different cuisines can be found in Malaysia, especially in the cities and major towns. Among them are Western, Japanese, Korean, Thai, Indonesian, French, Italian, Lebanese, Greek and even Spanish. These are offered in specialty restaurants and in international standard hotels.

Sweet temptations

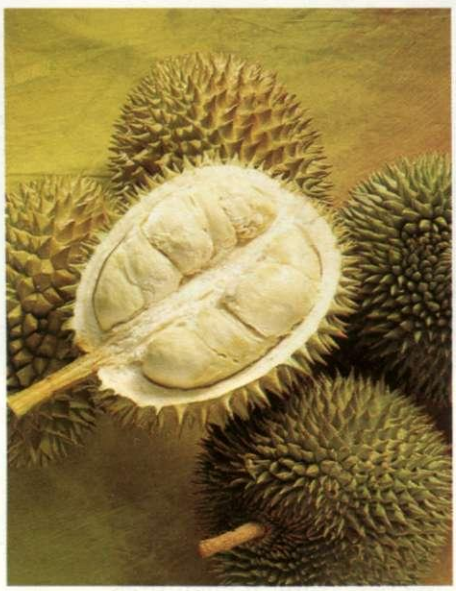
Cek Mek Molek, Buah Melaka, Tepong Pelita, Kuih Lapis, Ais Kacang, Cendol, Sago Gula Melaka, Len Chee Kang - delightful desserts worth trying.

Exotic names for sweet delicacies. Most of these cakes are prepared from sugar, mixed with eggs, flour or glutinous rice and coconut milk. They can be found especially during the fasting month of Ramadan. Sold at roadside stalls, and sometimes served as desserts in restaurants.

Cendol ... for the sweet-toothed

Luscious Fruits of the Tropics

An incredible number of exotic fruits are found all year round. Best places to buy fresh fruits are *pasar tani* (farmers' market) or *pasar malam* (night markets).



Durian – the king of fruits

Durian

Be adventurous when trying this. The locals call it 'king of fruits'. Controversial for its smell, this thorny football-size fruit fetches a very high price. Its flesh defies all description. You'll just have to taste it!

Papaya, the wonder fruit. Halve one, squeeze some lime and have it for breakfast!

Mangoes...who could resist them? You'll find an astounding variety of mangoes in Malaysia.

Pomelo

The size of a honeydew melon, the pomelo is the largest of all citrus fruits. The juiciest ones are said to come from Ipoh. Its peak harvest is around February which coincides with Chinese New Year. The pomelo is often given as a gift during this period.

Pineapple

If you are in Johor, don't leave without trying the different varieties of pineapples. Johor, the 'Pineapple State' produced the juiciest pineapples.

Refreshing pineapple

A tempting assortment of Malaysia's tropical fruits

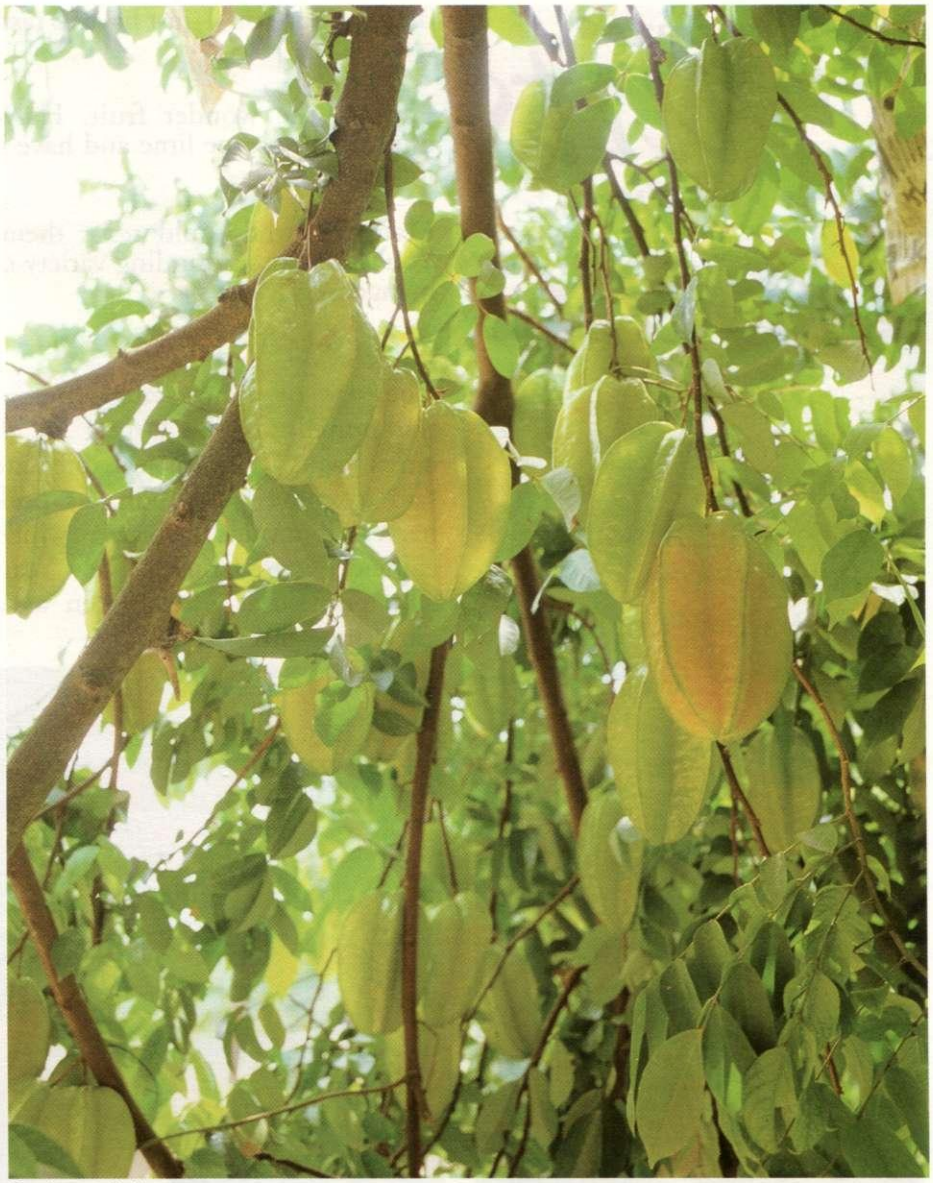
Starfruit
Juicy with a hint of sweetness. The most delicious varieties come from Perak. When the fruit is cut across, it reveals an attractive star-shape, hence its name. The fruit is believed to lower blood pressure.

Rambutans
A hairy-looking red or yellow fruit, about the size of a kiwi fruit. The flesh tastes similar to the lychee.

Watermelon
The perfect fruit on a hot sweltering afternoon! Needs no introduction as it is imported to most temperate countries.

Jambu Air
Small, bell-shaped fruit with a waxy white, pink or red skin. Ideal thirst-quenchers on a hot afternoon.

Mangosteens


Luscious starfruits

Guava
If you are heading to Perak, do try the famous guavas of Bidor. A rich source of Vitamin C, the guava's crispy pleasant texture and taste makes it a popular fruit among locals, who eat it with a sprinkling of a sweet sourish seasoning.Try some!

Duku
Size of a golf ball, covered with a thick golden brown skin, it is a seasonal fruit found from August to September. Do not bite into its bitter seeds.

Ciku
Looking like a kiwi fruit, its sweet, brownish flesh is often used in fruit salad.

Mangosteen
The size of an orange, it has a thick purplish outer skin. Beneath its skin is snowy white fleshy segments. A seasonal fruit, it is found from November to March.

Coconut
Its jelly-like flesh and sweet cool water makes young coconuts one of the best tropical favourites.

Banana
The banana is the third most important fruit cultivated here after pineapple and durian. A wide variety of bananas are available, among them *pisang mas, pisang tanduk, pisang rastali and pisang raja.*

Festivals. Fun. A celebration of life. You'll discover, in Malaysia, a wealth of cultural extravaganza throughout the year.

Thaipusam

Goodtimes *For A* Lifetime

Chinese New Year

Hari Raya Aidil Fitri

New Year's Eve

As in other countries throughout the world, New Year's Eve is celebrated with much merrymaking at public squares, hotels and restaurants.

The Dataran Merdeka in Kuala Lumpur is particularly a good place to join in revellers who gather at the square to usher in the new year.

Hari Raya Aidil Fitri

Hari Raya Aidil Fitri is celebrated by Muslims after the month-long Ramadan (a month of fasting from sunrise to sunset). Muslims usher in Hari Raya Aidil Fitri with prayers in the mosques, followed by receiving relatives and well-wishers at home.

Thaipusam (late January or early February)

Thaipusam, a day of consecration to the Hindu deity, Lord Murugan, sometimes also called Lord Subramaniam.

A feature of the festival is the carrying of a *kavadi*, a frame decorated with coloured papers, tinsels, fresh flowers and fruits by Hindus in fulfillment of a vow. In Kuala Lumpur, Hindus carrying the *kavadi* make the annual pilgrimage up the 272 steps of the Batu Caves where the *kavadi* is deposited at the feet of the deity and their penitence accepted.

Chinese New Year (January/ February)

To the Chinese, the most important festival is Chinese New Year which falls in either January or February. It is ushered in with bursts of fire crackers at midnight on the eve of the Chinese Lunar Calendar.

Hari Raya Aidil Adha

Hari Raya Aidil Adha is celebrated about two months after Hari Raya Aidil Fitri is celebrated (i.e. on the tenth day of Zulhijjah, the twelfth month of the Muslim Calendar).

Wesak Day (May)
This is the most important day of the Buddhist Calendar as it marks the birth, enlightenment and death of Buddha. Buddhist devotees will gather in temples throughout the country to release doves and to offer prayers. Wesak is also an occasion to offer alms to monks.

Kaamatan Festival in Sabah (May 1 - 31)
The Kaamatan or Harvest Festival is celebrated by the Kadazans/ Dusuns to offer thanksgiving for a bountiful harvest. Highlights include a beauty pageant, cultural dances and rituals culminating in the thanksgiving ceremony performed by the Bobohizan or high priestess.

Limbai dance, Sabah

Gawai Festival in Sarawak (end May or early June)
The Ibans and Bidayuhs of Sarawak celebrate the end of padi harvesting season with much merry-making, dancing and the drinking of *tuak*, a potent rice wine.

An interesting dance at the festival is the *Ngajat Lesong*. A dancer displays his strength and skill by lifting the *lesong* (the mortar where padi is pounded) with his teeth.

Floral Parade

Festival of San Pedro, Portuguese Settlement, Malacca (end of June)
A delightful cultural event to celebrate the birthday of the patron saint of fishermen, San Pedro. The fishing boats, which are colourfully decorated for the festival, are blessed and prayers offered for a better season.

Flora Fest (July)
Malaysia, with all-year-round sunshine and high humidity, provides the ideal climatic conditions for a rich plant life, amongst them a profusion of flowering species.

Every year, in July, the Flora Fest is held to celebrate the beauty of Malaysia's blooms through various floral-themed events and competitions.

The week-long festival culminates in a spectacular Floral Parade whereby flower-bedecked animated floats will make their way through the main streets of Kuala Lumpur, accompanied by marching bands, equestrian units and dance troupes.

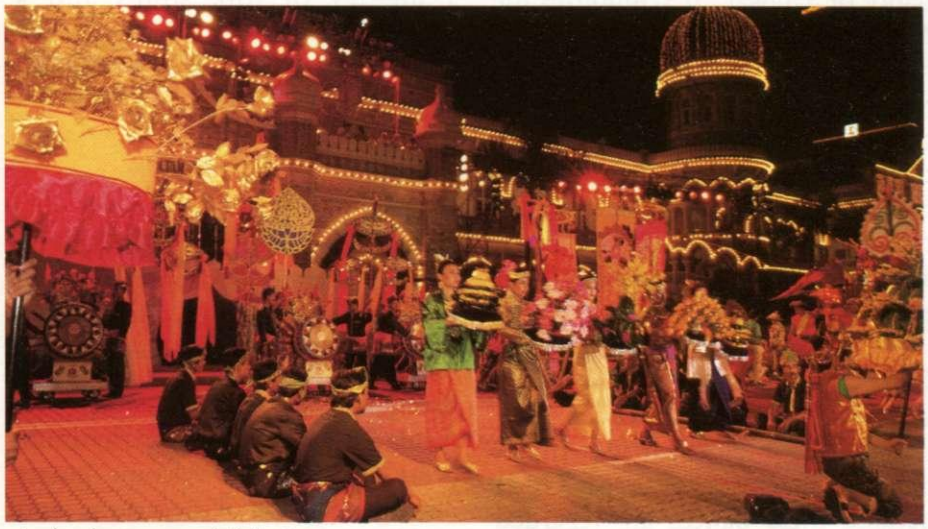
Malaysia Fest (September)
Pesta Malaysia or Malaysia Fest is a two-week grandiose affair held in September every year. First held in 1987, it aims to create awareness and appreciation of Malaysian culture, craft and cuisine. All the thirteen states of Malaysia participate in the event which is held in Kuala Lumpur. Among the programmes and activities visitors can look forward to will be cultural shows, handicraft demonstrations, cuisine of the thirteen states, shopping bargains and many more. Streets are gaily-lit while shopping complexes and hotels compete for awards in creative light decorations. The whole scene is one that will be etched in your mind for a long time. So, plan your holiday to coincide with this event!.

Mooncake Festival (September)
The Mooncake Festival celebrates the overthrow of the Mongols during the end of the Yuan Dynasty (1206-1341AD) in China. It falls on the fifteenth day of the eighth moon (August/September). The festival is celebrated with colourful lantern processions on the night of the festival by the Chinese.

Deepavali (late October or early November)
Deepavali or The Festival of Lights" is celebrated during the 7th month of the Hindu calendar. Hindus celebrate it by adorning their homes with lights or oil lamps to signify the triumph of good over evil.

Christmas (December 25)
The spirit of Christmas is felt very much in Malaysia especially in hotels, department stores and in homes of Christians. Christmas trees, decorations, brilliant lights, Santa Claus and carols add to the festive air.

Malaysia's multi-racial population brings a diversity to the multi-cultural facet of the country. Culture is more than just traditions and customs observed. It's in the everyday lives of the people in this fascinating nation. The colourful cultural aspects of Malaysia are evident in music, dances, games, the many artforms and pastimes.



A cultural extravaganza in full swing

An Expression of Cultural Heritage

DANCES

Mak Yong

Among the many different traditional theatre of the Malays, no other dance drama has a more captivating appeal than *Mak Yong*. This ancient classic court entertainment combine romantic stories, operatic singing and humour.

Joget

The *Joget* is the most popular traditional dance of Malaysia. It is a lively rendition with fast upbeat tempo and performed by couples who combine fast hand and leg movements.

The *Joget* has its origins traced back to the Portuguese folk dance which was introduced to Malacca during the era of the spice trade.

Sumazau

The *Sumazau* is the national dance of Sabah. Dancers comprising two rows of men and women, dance facing each other in a slow rhythmic movement, with hand gestures imitating the flight of birds.

Candle Dance

Dancers hold a small saucer to which a lighted candle is firmly stuck. With graceful body movements, dancers turn saucers upside down without allowing candles to be extinguished.

Kuda Kepang

The Kuda Kepang dance is performed by nine dancers who are seated astride a two dimensional 'horse' made of hide. The dancers re-enact the early Islamic battles in enthusiastic gestures and vigorous action. This dance-drama is performed in accompaniment to a rich and exotic rendition of traditional music played with indigenous instruments such as gongs, tambourines and *angklungs*.

Chinese Opera

Seen on special Chinese festivals such as the Festival of Hungry Ghosts, actors in heavy make-up and elaborate costumes perform period dramas laced with songs backed by traditional music.

Datun Julud

The *Datun Julud* is a popular

dance of Sarawak. It symbolizes the happiness of a prince for being blessed with a grandson. It was from this divine blessing that the dance became widespread among the Kenyah tribe of Sarawak.The Sape, a musical instrument renders the dance beats which are often accompanied by singing and clapping of hands.

Classical Indian Dances
Classical Indian dances are traditionally performed in temples by *devadasi* (servants of God) because these dances are regarded as an offering to God, higher than offerings of donations, flowers or *mantras* (prayers).

One such temple dance is the *Bharata Natyam* which originated in South India in the 3rd century. *Bharata Natyam* has great religious significance. The traditional obeisance to God is always observed by the dancer before performing the dance.

Bharata Natyam involves six stages in the performance which combine the elements of *Nritta* (pure dance) and *Nritya* (expressive dance). *Nritta* comprises basic dance units called *Adavus.* Each *Adavus* contains three elements-the standing position, the movement of legs and feet and the hand gestures. Music is based on *ragas* (tunes).

Bhangra
The *Bhangra Dance,* is very much a feature of the Sikh community and has its roots in Punjab, India. A harvest dance, it incorporates dexterity of the dancers and a host of stunts.

The *Bhangra* is a vibrant and colourful dance accompanied by a medley of folk songs and a musical instrument such as the drum tambourine and a musical clapper.

MUSIC

Gamelan
Ensemble music characterised by lilting hypnotic beats usually accompanying various court dances as well as ceremonial occasions.

Kompang
A small hand-drum whose rhythmic beats are used to welcome guests during ceremonial occasions and weddings.

Rebana Ubi
In the days before telephones and facsimiles, *Rebana ubi* (giant drums) constituted a mode of communication between villages. Messages of wedding, warnings of danger and other newsworthy items were drummed out using different beats.

These giant drums are now normally used as ceremonial drums. The Giant Drum Festival is held in Kelantan during the middle part of the year.

GAMES & PASTIMES

Silat
Silat is the Malay art of self-defence. This fascinating Malay sport is also a dance form. It has been known in the Malay Archipelago for hundreds of years. In this art of self-defence, the practitioner also develops spiritual strength according to the tenets of Islam. And this is one main reason as to why many young Malay youths, both males and females, are drawn to its art. There are many *silat* groups in Malaysia. Some of them are known as *silat gayung, silat cekak, silat kalimah* and many others. Silat demonstrations are held during weddings, national celebrations, and of course during *silat competitions.*

Sepak Takraw
Sepak Takraw is one of Malaysia's most popular sports. Players use heels, soles, in-steps, thighs, shoulders and heads-everything but hands-to keep the small rattan ball aloft.

Congkak
A game of wits and skill utilising a *congkak* board and playing seed.

Kite-Flying
What used to be a post-harvesting pastime amongst padi farmers, kite-flying now has become an international event. Various festivals are organised which draw participation from countries like Netherlands, Japan, Germany, Belgium and Singapore.

A *wau* is known for its creative shapes and features. The *wau bulan* or *moon kite* is one of the more popular shapes.

Top Spinning
A game requiring manual dexterity, timing and strengh, a *Gasing* (spinning top) can weigh about 4 kg and sometimes can be as big as a dinner plate. Top-spinning was a post-harvesting pastime when friendly competitions were held between neighbouring villages. Today, they are held at national levels.

Wayang Kulit
Wayang Kulit or "shadow play" is performed by casting animated shadows on a screen. The puppet characters are taken from the Hindu epics the *Ramayana* or *Mahabharata.*

Tee Off!

Malaysia is a golfer's paradise. There are about 200 golf courses in diverse settings such as hill resorts, islands, beaches, cities, towns and off the beaten tracks. With temperatures that fluctuate little during the year, golf is a game that can be enjoyed at any time. Night-time golfing is becoming popular as more and more golf resorts offer these. Green fees are relatively low. Caddies are affordable. Golfing paraphernalia can easily be hired .

Golfing at the Awana Golf and Country Resort

Two golfing bodies—the Malaysian Golf Association (MGA) and the Malaysian Professional Golfers' Association (MPGA) govern golfing activities

The MGA is affiliated to the Royal and Ancient Golf Club of St Andrews, Scotland while the MPGA is recognised by the International Golf Association. Most golf clubs are affiliated to various international golf clubs and offer reciprocal playing arrangements.

Superb greens offer challenges for golfers

Saujana Golf and Country Club
In transit? Just 3 km from Sultan Abdul Aziz Shah Airport is one of the most prestigious golf resorts, the Saujana Golf and Country Club. Designed by Ronald Fream Design Group, the par-72 Palm Course (6,378metres) and the Bunga Raya Course (6,227metres) offers snaking swales, mounds, sharp bunkers, lakes and oil palm trees.
Green Fees (Visitors)
Weekdays -RM170
Weekends & Public Holidays - RM290
Caddy Fee - RM21
Tel: 03-7461466
Fax:03-7467818

Kelab Golf Negara Subang
Another golf course situated within close proximity of Sultan Abdul Aziz Shah Airport. There are two 18-hole golf courses including a championship golf course.
Green Fees (Visitors)
Weekdays - RM200
Weekends & Public Holidays - RM200
Caddy Fee - RM25
Tel: 03-7760388
Fax: 03-7755267

Royal Selangor Golf Club
The Royal Selangor Golf Club (RSGC) is one of the oldest and finest golf clubs in the country. There are two 18-hole championship golf courses in the sprawling 360 acres of superb golfing greens, ponds and matured raintrees.
Green Fees (Visitors)
Weekdays - RM210
Weekends & Public Holidays - RM150
Caddy Fee - RM20
Tel: 03-9848433
Fax: 03-9853939

Plaza Putra Indoor Golf Centre
Plaza Putra's indoor golf centre, beneath Dataran Merdeka, Kuala Lumpur, offers Par-T Golf

simulators on which the player is able to view the trajectory of his or her shot, including the hook, slice and bounce on the green. Golfers can choose to play at Pinehurst, Spy Glass Hill or Pebble Beach in the US., the Belfry and St Mellion in the UK., Quinto do Lago in Portugal, or the Club de Bonment in Switzerland.
Tel: 03-4432541
Fax: 03-2949688

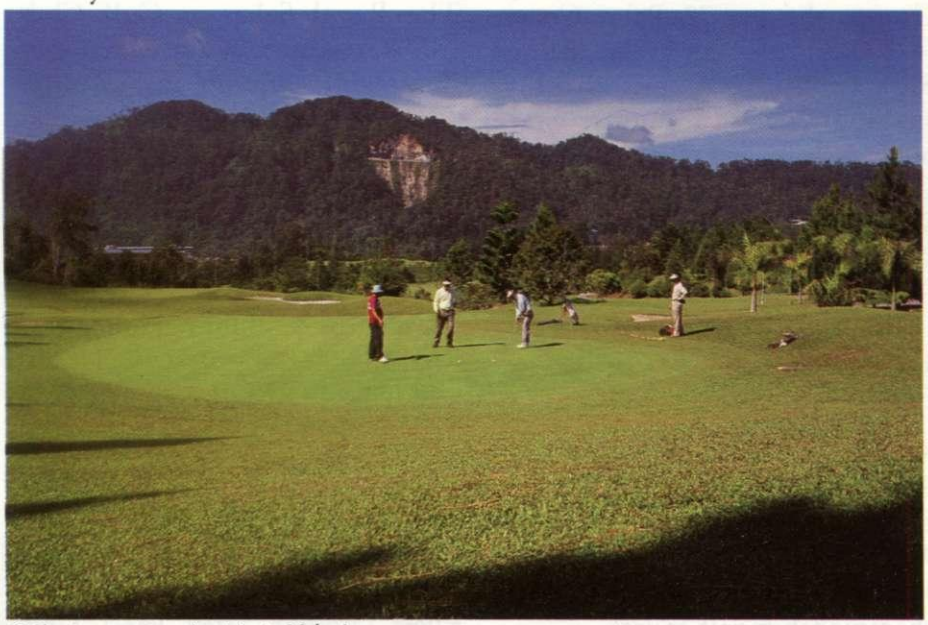
Club Rahman Putra Malaysia
The Club Rahman Putra Malaysia sprawls across 223 acres along the Kuala Selangor-Sungai Buloh-Kepong country road, east of Kuala Lumpur.

The course features 36 holes of play with a par-72 rating, offering an intriguing blend of challenges over rolling terrain.

Membership is available to qualified applicants on ordinary and corporate terms and is transferable after the fifth year.
Green Fees (Visitors)
Weekdays, Weekends & Public Holidays - RM180
Caddy Fee - RM20
Tel: 03-6566870
Fax: 03-6560280

Templer Park Country Club
Located about 24 km along the North-South Expressway near Bukit Takun, the Templer Park Golf Club allows night-time golfing. The 18-hole layout, spreads over 1,915 acres and features water hazards, craters and bunkers.
Green Fees (Visitors)
Weekdays -RM150
Weekends RM200
Tel: 03-6919617
Fax: 03-6919807

Perangsang Templer Golf Club
Also within the same vicinity of Bukit Takun at Templer's Park and sharing the same magnificent views is the Perangsang Templer Golf Club offering another 18-hole layout.
Green Fees (Visitors)
Weekdays -RM120
Weekends & Public Holidays - RM160
Golf Buggies -RM40 for 18 holes
Tel: 03-6910022
Fax: 03-6910023


Golfing is a year round activity in Malaysia

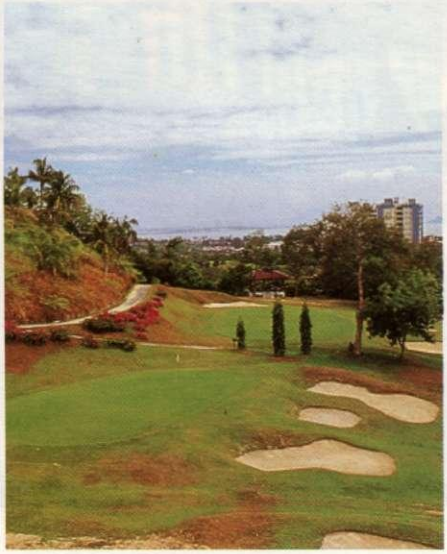
De Club at Fraser's
The 9-hole layout stands on the former Fraser's Hill golf course. Bunkers and ponds have been strategically placed to trap the unwary.
Green Fees (Visitors)
Weekdays RM40.00/whole day
Weekends & Public Holidays - RM50 for 18 holes
Tel: 09-382777
Fax: 09-382877

The Awana Golf and Country Club
Perched 3000ft above sea level near Genting Highlands, Malaysia's famous highland resort. The 6,155metres par-71 18-hole golf course the Awana Golf and Country Club, reputed to have the finest greens in the country, offers golfers the exhilirating experience of golfing among the clouds.
Green Fees (Visitors)
Weekdays -RM100
Golf Buggies: RM40
Tel: 03-2113015
Fax: 03-2113535

Cameron Highlands Golf Course
The 18-hole golf course with undulating fairways, meandering streams and tricky greens tests the golfer's skill. Cameron Highlands makes a superb destination for relaxation, cool bracing climate and golfing.
Green Fees (Visitors)
Weekdays -RM40
Weekends & Public Holidays RM60
Caddy Fee - RM18
Tel: 05-4911126

Ayer Keroh Golf and Country Club
Located 14 km from the Malacca city centre is the longest golf course in Malaysia. Fairways are wide but very challenging. Good for long

hitters is the 585-metre 9th hole par-5.
Green Fees (Visitors)
Weekdays: RM70
Weekends-RM100
Handicap cards must be produced.
Tel: 06-320822
Fax: 06-323578



Bukit Jambul Golf and Country Club

Bukit Jambul Golf and Country Club
The largest in Penang, this 5,419 metres 18-hole tough and hilly golf course is magnificently contoured with hazards and four ponds. A panoramic view of the island can be seen from this course.
Green Fees (Visitors)
Weekdays - RM100
Weekends - RM150
Tel: 04-6442255
Fax: 04-6442400

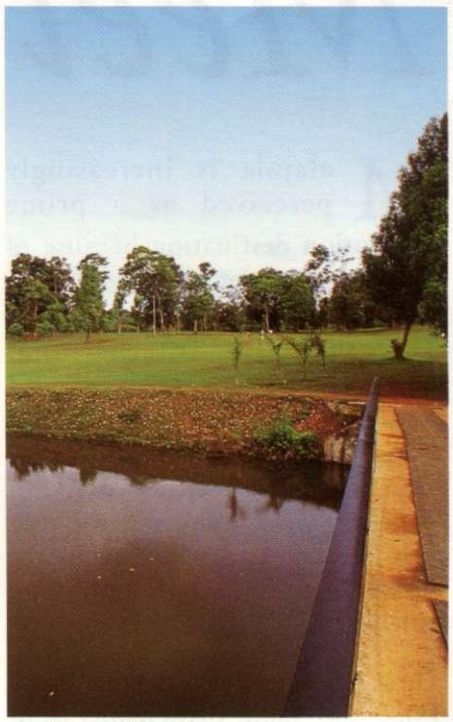
Royal Johor Country Club
Located at Taman Tasik, Johor Bahru, Johor, the state's first 18-hole golf course spans 159 acres of a former water catchment area and has evolved to become one of the most challenging courses in the country. Built over undulating terrain, the course's lush greenery lends an air of tranquility where trees have been planted to improve the overall landscape.
Green Fees (Visitors)
Weekdays -RM100
Weekends & Public Holidays RM200
Caddy Fee -RM20
Tel: 07-2233322
Fax: 07-2240729

Sabah Golf & Country Club
Located at Jalan Kolam, Bukit Padang, near Kota Kinabalu, Sabah, the 18-hole golf course requires hard hitting to survive its many par-4s and par-5s. Water hazards are plenty.
Green Fees (Visitors)
Weekdays - RM150
Weekends & Public Holdays - RM200
Tel: 088-247533
Fax: 088-225243

Damai Golf Club
The Damai Golf Club lies in the shadow of the majestic Mt Santubong, near Kuching, Sarawak. The international class course spans 130 acres of undulating terrain and offers golfers a supreme test of skills. The layout features sand and water traps spread over the course while winds play havoc with strokes.
Green Fees (Visitors)
Weekdays -RM80
Weekends & Public Holidays - RM100
Caddy Fee -RM20
Tel: 082-846088
Fax: 082-846044

Miri Golf Club
The 18-hole golf course in Miri, Sarawak, features wide and open fairways lined by casuarinas. There are sand traps, bunkers and water hazards. The Miri River meanders at one point and is to be avoided at all cost.
Green Fees (Visitors)
Weekdays -RM80
Weekends & Public Holidays - RM120
Caddy Fee -RM20
Tel: 085-416787
Fax: 085-417848

Sarawak Golf Club
This challenging and tricky 36-hole golf course in Kuching, Sarawak, is a championship course which features numerous ponds, sand traps and water hazards spread over a landscaped layout. Much of the natural contours have been retained resulting in a pleasing mix of undulating and flat greens.
Green Fees (Visitors)
Weekdays - RM100
Weekends & Public Holidays - RM150
Golf Buggies: RM40
Tel: 082-440966
Fax: 082-441733



Ayer Keroh Golf and Country Club

Putra World Trade Centre, Kuala Lumpur

Malaysia is South-East Asia's fastest rising convention and exhibition centre. Its range of quality facilities for conventions combined with exotic settings makes it an irresistible choice for convention planners.

Merdeka Hall, Putra World Trade Centre

Meet In Malaysia

Malaysia is increasingly perceived as a prime convention destination because of its success in the staging of large scale conferences. Among them were the 10th International Congress on Child Abuse and Neglect and the 3rd World Congress on Environmental Health in 1994 and the Asian Retailers Convention & Exhibition and the Asian & Oceanian Congress of Radiology in 1995.

These conferences drew between 1,000 and 5,000 participants from all over the world. Another set to draw in more than 5,000 is the 20th International Conference of Chemotherapy which will be held in 1997.

Much of Malaysia's appeal as a 'top-of-the-mind' convention destination lies in its easy access from most parts of the world, a varied choice of convention venues, professional expertise backed up by sophisticated convention support services and attractive tourism products.

To begin with, Malaysia Airlines currently flies to 112 destinations worldwide. Malaysia is also served by an ever-growing number of foreign airlines and domestically, the country is linked to various parts of the country by air services, an extensive rail and road network. You can also move about comfortably in luxurious air-conditioned coaches, taxis, limousines and rented cars.

Another important factor in organisations choosing Malaysia as their convention venue is that they are ensured of stability. The country is politicaly stable and

free from natural calamities like earthquakes and typhoons.

For convention planners, whether it is going to be a convention in a city, beach or hill resort, the choices are plenty.

CITY CONVENTIONS

Most cities in Malaysia offer facilities for conventions. Convention venues are Kuala Lumpur, Penang, Johor Bahru, Malacca, Kota Kinabalu and Kuching. They are also backed by efficient air, road and rail transportation and have up-to-date meeting and support facilities.

Kuala Lumpur, Malaysia's thriving capital, is South-East Asia's fastest rising convention destination. Many of the international hotels are located here, especially within the 'Golden Triangle', Kuala Lumpur's main business and financial district. It is just 30 minutes from the Sultan Abdul Aziz Shah Airport in Subang.

Leading the way as the top convention centre is the Putra World Trade Centre (PWTC). It is conveniently linked to business and financial institutions, hotels, entertainment centres and shopping areas.

The towering 42-storey-high complex is one of the region's most well-equipped convention centres with secretarial, postal, banking, telecommunication and other business support services. The complex has its own audio and video studios capable of full broadcasting facilities. All halls and rooms can be linked through the central control centre.

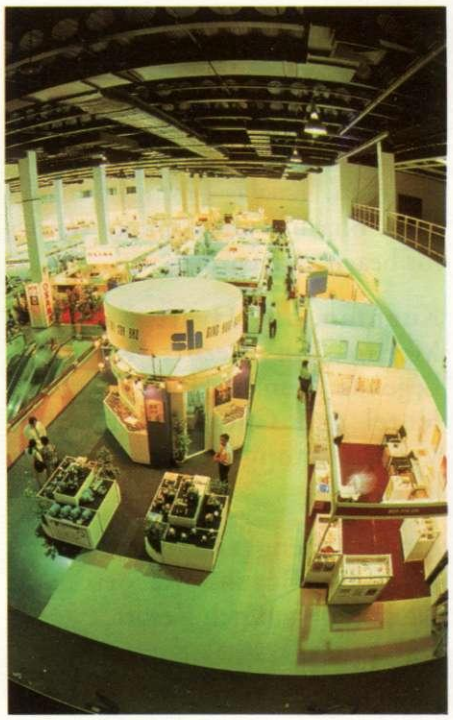
The Putra World Trade Centre, which is adjacent to the international standard Pan Pacific Hotel, has a maximum seating capacity of 3,500 in its largest plenary hall, the Dewan Merdeka. Total exhibit space in its 3 indoor and 1 outdoor halls is 3,652 sq metres. The meeting rooms can accommodate 180 pax each. Heavy duty lifting equipment and loading bays at all levels, and a custom-bonded warehouse are available.

Kuala Lumpur's popularity as a convention centre is attested by the number of international and regional hotel chains that are based here. They include the Shangri-La, the Regent, Hilton, the Pan Pacific, Holiday Inn, Southern Pacific Hotels, SMI Hotels & Resorts, Equatorial International, Federal Hotels International, Hyatt International, Sheraton International, Marriot International, Renaissance Hotels - Resorts, and Radisson Hotels.

Other venues in Kuala Lumpur include the Dewan Bahasa dan Pustaka, Dewan Bandaraya, Tabung Haji Building, Universiti Malaya and Wisma MCA.

Penang's convention and back-up facilities are provided by international hotels such as the Shangri-La, Rasa Sayang, Equatorial, Penang Mutiara and other venues like Dewan Sri Pinang.

Johor Bahru is served by hotels



Bird's eye-view of an exhibition

such as the Puteri Pan Pacific, Holiday Inn Crown Plaza, Crystal Crown Hotel, Merlin Inn Hotel and Hyatt Regency.

In **Malacca**, among the hotels are the Malacca Renaissance Hotel, City Bayview Hotel, Grand Continental Hotel and Pandanusa Island Resort.

Kota Kinabalu in Sabah has Hyatt Kinabalu International, Tanjung Aru Beach Resort, and the Sabah Foundation, a 30-storey convention complex.

Over in **Kuching**, Sarawak, among the hotels that will meet convention planners' needs are the Riverside Majestic, Kuching Hilton, Holiday Inn Kuching and Holiday Inn Damai Beach.

BEACH CONVENTIONS

There are several beach venues

with international-standard hotels which make suitable venues for conventions.

On the east coast of Peninsular Malaysia, the three coastal towns - Kuantan, Kuala Terengganu and Kota Bharu - are popular venues for beach conventions.

Kuantan has Hyatt Kuantan, Merlin Inn Resort Kuantan, Legends Resorts Hotel, Impiana Hotel and Cherating Holiday Villa, among several other hotels.

Kuala Terengganu is served by Primula Beach Resort and Tanjung Jara Beach Resort.

Kota Bharu is served by Perdana Beach Resort.

ISLAND CONVENTIONS

Off Malaysia's coast, a number of islands-in-the-sun offer a relaxing ambience for island conventions. Accessibility is maintained via air, ferry and hydrofoil services.

Pulau Langkawi has the experience of hosting major events such as the biennial Langkawi International Maritime and Aerospace (LIMA) Exhibition. The island is served by the Pelangi Beach Resort, Datai Bay Resort, Burau Bay Resort, Berjaya Imperial, Sheraton Langkawi Resort, Langkawi Island Resort, Langkawi Holiday Villa, Delima Resort and many more.

Pulau Pangkor, an island off the coast of Lumut, Perak, boasts hotels such as the Pan Pacific Beach Resort,Sri Bayu Beach Resort and the Pangkor Laut Resort in Pangkor Laut Island.

Tioman Island

The tropical paradise of Tioman in Malaysia has been hailed as one of the ten most beautiful islands in the world. The island offers an international standard hotel, Berjaya Imperial Beach Resort, which is well suited for business and leisure.

HILL CONVENTIONS

Malaysia's premier hill resorts are Genting Highlands (2,000 metres above sea level), Fraser's Hill (1,524 metres above sea level) and Cameron Highlands (1,800 metres above sea level). All these hill resorts are served by at least one or more international class hotel with good convention facilities.

Genting Highlands is served by several hotels which have convention facilities, among them the Genting Hotel, the Resort Hotel and the Awana Golf & Country Resort.

Cameron Highlands is served by Strawberry Park Resort, Golf Course Inn, Merlin Inn Resort and Rosa Passadena.

Fraser's Hill has Merlin Inn Resort and a number of smaller hotels.

PRE AND POST CONVENTION TOURS

Whether it is before or after attending your convention, there are special tours that can be arranged to experience Malaysia's diverse attractions. Enquire from your travel agent or travel desk at your hotel.

CITY TOURS

If you are attending a convention in the city, spend time to explore them. Each city has its individual characteristics. Within the cities lie a blend of old and new buildings, shopping establishments, food outlets and a lively night life.

SPECIAL INTEREST TOURS

For nature lovers, Malaysia is a perfect location to savour enriching experiences, ranging from bird watching, jungle trekking, white water rafting, scuba diving, snorkelling and river fishing.

These can be experienced at our various national parks such as Taman Negara, Kinabalu Park, Niah National Park, Gunung Mulu and Bako National Park.

For avid golfers, there are about 200 golf courses in varied settings such as beach, mountain resorts, islands or even within the cities.

There are a number of hotels such as the Awana Golf and Country Resort, Hyatt Regency in Kuala Lumpur and the Golf Course Inn in Cameron Highlands which are not only favoured for their convention facilities but because of their versatility in combining a convention meeting with a golfing holiday.

For those who love to soak in the sun, sea and surf Malaysia's fine beaches offer the ideal getaway paradise.

Among the popular islands are Pulau Tioman, Pulau Pangkor, Pulau Langkawi and Pulau Redang. There are also hundreds of smaller islands off Malaysia's coast to revel in Malaysia's marine delights.

Travelling to Taman Negara

Malaysia's tropical rain forest is one of the most complex and rich ecosystems in the world. It is home to about 14,500 species of flowering plants and trees, 600 species of birds, 210 species of mammals, 150 species of frogs, 140 species of snakes, 80 species of lizards and numerous species of insects and other life-forms.

National Parks and Wildlife Reserves

In safeguarding Malaysia's precious forest heritage, thus providing sanctuary to many near-extinct and rare wildlife, national parks, wildlife reserves have been set aside from any form of development.

The designated Permanent Forest Estate covers 3.80 million hectares of virgin jungle or 61% under forest cover. Together with natural forest management, conservation of wildlife, birds and marine life, nature reserves have been established through a network of protected areas. More than 1.49 million hectares of conservation areas are protected by legislation.

Taman Negara

Taman Negara (National Park) straddles the borders of Kelantan, Terengganu and Pahang in Peninsular Malaysia. A totally protected area of 4,343 sq km, Taman Negara is one of the world's oldest tropical rainforest. The diversity of its fauna and flora is a result of its untinged evolution over 130 million years.

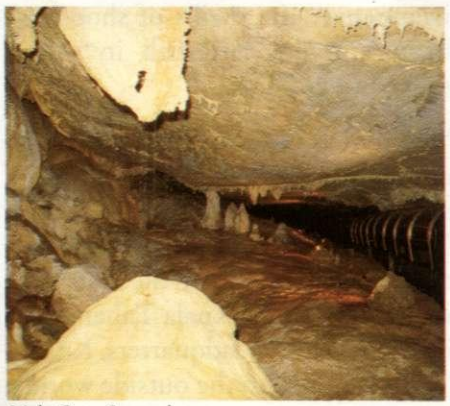
Taman Negara is particularly favoured for its fishing and animal observation hides. A visitor could also go trekking over the many jungle trails and see the wonders of nature in plants, flowers, birds and insects. He could also take boat trips on the many rivers, enjoy the thrills of shooting through rapids and fish in well-stocked river pools.

Peninsular Malaysia's highest mountain, Gunung Tahan (2,187 metres) is located in Taman Negara. You need about nine days to scale up its peak and descend. On the southern edge of the park is Kuala Tahan, the site of the park's headquarters. Kuala Tahan is linked to the outside world

by river and a visitor intending to go there has to make a 3-hour river trip, but an alternative is to take a flight from Kuala Lumpur to Taman Negara.

How to get there.
By Road: From Kuala Lumpur, the road journey takes about three hours. Travel to Jerantut by way of Mentakab or Raub. From Jerantut, Kuala Tembeling is sixteen kilometres north. Follow signs from Kuala Tembeling to the jetty.
By Rail: Train services are available from Kuala Lumpur and Singapore. The train passes Kuala Tembeling. From Kuala Tembeling, there is a half-hour walk to the jetty.
For further information, please contact:
Wildlife and National Parks Department
Km 10, Jalan Cheras
56100 Kuala Lumpur
Tel: 03-9052872
Fax: 03-9052873

Endau-Rompin
The Endau-Rompin area covers the boundary between Johor and Pahang. Sprawling over an estimated area of 870 sq km. It is one of the few remaining lowland forests in Peninsular Malaysia. It encompasses the watershed of the rivers Endau and Rompin from which it derives its name.


Mulu Cave, Sarawak

Many unique and endemic varieties of plants have been discovered within the centuries-old forest, such as the magnificent fan palm *(Endau ensis)* climbing bamboo *(Rhopa loblaste)* and the slender stemmed walking stick palm *(Phychorapis singaporensis).*

Pitcher plants, toadstools and orchids also grace the forest floor. Moths and butterflies of every shape and hue can also be found flirting among the verdant foliage. It is also home to wild-life such as tapir, deer and wildboars.

How to get there
It is advisable to acquire an entry permit before making any arrangement to visit this area. These permits can be obtained from:
National Parks Johor Corporation
JKR 475 Bukit Timbalan
80000 Johor Bahru
Tel: 07-2237471
Fax: 07-2237472

Gunung Mulu National Park
Within the boundaries of Gunung Mulu National Park is one of the most extensive and spectacular limestone cave systems on earth, the second highest mountain peak in Sarawak. Many plants and animal species, previously unknown to science have been discovered.

Officially constituted in 1974 and opened to the public in 1985, Gunung Mulu National Park is an amazingly compact area, full of limestone within the 544 sq km it encompasses in North Sarawak, Borneo.

Mulu's Sarawak Chamber is the largest natural chamber in the world at 600 metres long, 450 metres wide and 100 metres high.

Deer Cave is the largest cave passage known to man at 100 metres wide and 120 metres high. It has two huge entrances at either end of the mountain it penetrates. Most of the Deer Cave is illuminated, and it is possible to see the 190 metres high waterfalls pouring from the roof following a rain storm.

Clearwater Cave is the longest cave system in South-East Asia at 51.5 kilometres.

Not all of Mulu's limestone features are contained in caves. Gunung Api, a 1,750 metres mountain of limestone lies directly beside Sarawak's second highest mountain peak, Gunung Mulu at 2,376 metres. Both mountains are over five million years old. 900 metres up on the side of Gunung Api are the pinnacles which rise to a height of 45 metres. For further information contact:
Sarawak Tourism Centre
Tel: 082-240620
Fax: 082-427151

How to get there:
Miri is the jumping-off point. From Miri, visitors can take a Malaysia Airlines flight (15 minutes) or take the express boat from Kuala Baram (3 hours) to Marudi.

From Marudi, take a commercial express boat to Kuala Apoh or Long Panai on the Tutoh River (a tributary of the Baram River). The express boat departs Marudi at noon daily and returns to Marudi in the early morning of the next day. The trip takes about 3 hours.

For further information, please contact:
National Parks and Wildlife Office
1st Floor, Wisma Sumber Alam
93050 Kuching, Sarawak.
Tel: 082-442180/201
Fax: 082-441377 or

Section Forest Office
98000 Miri, Sarawak.
Tel: 085-436637
Fax: 085-417629

Kinabalu Park

One hundred and thirty eight kilometres from Kota Kinabalu, the capital of Sabah, rises the majestic Mount Kinabalu. With its peak at 4,101 metres, Mount Kinabalu is one of the highest mountains in South-East Asia. The area on its slopes, 767 square kilometres above sea level to the summit, forms the Kinabalu National Park.

Though the park is famous for the Mount Kinabalu climb, there are other attractive aspects of it. The wealth of plant growth, the large variety of birds and the hot springs, provide atttractions to the visitor.

The Poring Hot Springs, located nearby, has spring water piped into several open baths. The hot springs have health and curative properties for skin diseases.

How to get there:

The park is approximately 90 km from Kota Kinabalu. The journey takes about 2 hours. Mini buses depart daily from Kota Kinabalu to Ranau, from 6.00am to 3.00pm and stop at Kinabalu Park along the way.

Niah National Park

The Niah National Park is the site of the Niah Caves, one of the largest limestone caves in the world. The Park covers 3,102 hectares (7,756 acres) of forest and limestone. Gunung Subis which is 394 metres high (1,294 ft) dominates the landscape. One may explore the vastness of the Great Cave, view pre-historic paintings as well as the preserved remains of the artists themselves at the Painted Cave. Archaeologists have also discovered skeletons of pre-historic man at the west mouth of the Great Cave.

Niah National Park is accessible by road via Miri or Bintulu, a journey of 2 and 3 hours respectively, to the Park Headquarters at Pangkalan Batu. The taxi fare from Miri costs RM15 per person while from Bintulu the fare is RM30 per person one way. If you travel by bus, you will have to take a boat ride along the Niah river from Batu Niah town to the Park Ranger's Office at RM5 for one return trip per boatload. The bus fare costs RM8.50 one way.

Bako National Park

The Bako National Park covers 2,742 hectares of a rugged sand stone peninsular to the east of the Bako River near Kuching, the capital of Sarawak. Millions of years of erosion have created a coastline of steep cliffs, rocky headlands and stretches of white, sandy bays.

Wave erosion at the base of the cliffs has carved many of the rocks into sea arches and sea stacks. Coloured patterns formed by iron deposition have also dominated the rocky headlands.

The coastline is also dotted by a sandstone cliff vegetation characteristic of Bako. Other major vegetation types include the mangrove forest, mixed dipterocarp forest, peat swamp forest, *kerangas* (heath) forest, and *kerangas* scrub on the plateau.

Rantau Abang Turtle Hatchery

To halt the decline of the number of the Giant Leatherback Turtle (dermocheleys coriacea), an endangered species, hatchery work is being carried out at Rantau Abang, Terengganu. Turtle eggs are purchased by authorised egg collectors for hatchery. Hatchlings, which emerge 60 days later, are released into the sea. The Terengganu Government has made it an offence for anyone to collect or sell turtle's eggs except those authorised or licensed to do so.

Sepilok Orang Utan Sanctuary

A 20-minute drive from Sandakan will bring you to Sepilok Forest Reserve, a 4,440-hectares area of virgin equatorial rainforest. The wealth of indigenous and rare plants, animals and birds that have found sanctuary here are to be seen to be believed. There are numerous self-guiding trails to help the visitor explore the reserve.

A most interesting feature of the reserve is the Orang-Utan Sanctuary. Here Orang Utans which have strayed into logging camps or rescued from captivity are cared for and subsequently sent back to the forest.

Kuala Gula Bird Sanctuary

A prime nesting site for birds, the Kuala Gula Bird Sanctuary, located in Perak, has over 100 species of birds, some of them protected.

Hill resorts offer a refuge from the humidity of the lowlands. At the resort, one could go for jungle walks or climb mountains, play golf or simply relax in solitude.

Fraser's Hill

Head for The Hills

Genting Highlands

Genting Highlands, (2,000 metres above sea level) is just 50 km from Kuala Lumpur. It offers a cool respite from the city in less than an hour's drive from Kuala Lumpur.

Attractions at the resort include indoor and outdoor theme parks. Both have over 50 interesting attractions and amusement rides suitable for family entertainment. One has to pay for the various rides and games.

In addition, the Awana horse ranch offers equestrian activities, rides for children and lessons for beginners. For golfers, the Awana Golf and Country Resort offers a challenging 18-hole, par-71 golf course.

Many people head for Genting Highlands not only for its cool climate but also for its nightlife. There are international dinner shows and discos, while Casino de Genting offers Blackjack, Baccarat, Keno, French Bull, Roulette, Tai Sai and slot machines.

Accommodation includes the Genting Hotel, the Theme Park Hotel, the Resort Hotel and the Awana Golf and Country Resort.

Getting to Genting Highlands offers a choice of the faster Karak Highway, the slower old Pahang Road (Route 68) or via Batang Kali town along the old trunk road to Ipoh from Rawang. At Batang Kali town, look out for the signboard to Genting Highlands. You have to make a right turn if you are coming from Rawang.

Fraser's Hill

Fraser's Hill nestles at 1,524 metres above sea level in the state of Pahang. At the resort there are jungle trails, waterfalls, flower nurseries and mushroom farms. The resort is also a popular venue for bird watchers. Its 9-hole golf course is open to the public.

The resort is about 1 1/2 hours away from Kuala Lumpur. The road to the hill resort winds for about 35 km after the Gap (Gate Controls). Fraser's Hill provides visitors with the cool mountain air, the abundance of luxuriant vegetation, the peace and tranquility combined with other attractions such as its stable of ponies, the nursery containing many exotic flowers, the Jeriau Waterfalls, and a very pleasant 9-hole golf course. Other facilities include a children's playground and a roller skating rink.

For accommodation, Fraser's Hill has a range of hotels, chalets and

colonial bungalows to suit one's preferences and budget.

Cameron Highlands

Cameron Highlands (1,829metres) is the largest of the hill resorts in Malaysia. It is located in Pahang.

The highest peak is Gunung Brinchang (2,032metres). Cameron Highlands is regarded as the 'Green Bowl' supplying its produce of cabbages, tomatoes, carrots, green peppers and lettuce to major cities in Malaysia, and also to Singapore. These are grown on terraced slopes. There are three main towns, i.e. Ringlet, Tanah Rata and Brinchang, with the last two being popular with visitors.

Other tourist attractions include tea plantations, tea factories, rose gardens, strawberry farms, waterfalls, the busy market square at Brinchang, handicraft stores and the Chin Swee Buddhist Temple. There are old colonial-style houses that offer a glimpse of the past.The highland's 18-hole, par-71 golf course is open to the public.

Driving up to Cameron Highlands is also a pleasure as many interesting stops along the way can be made. From Tapah take Route 59. At Batu 7, turn off right if you want to take a short break at the Kuala Woh Forest Recreation Park. There are picnic areas and a hot spring.

Then turn back to Route 59 to continue your journey. You will pass by a majestic waterfall, Lata Iskandar. Stop here for refreshments and souvenirs before resuming your journey to the peak.

Accommodation facilities in Cameron Highlands include Strawberry Park Resort, Rosa Passadena and Ye Olde Smokehouse. Strawberry Park offers luxuriously furnished apartments ideal for the large family or vacation groups. It offers tennis courts, an indoor swimming pool and pony rides for children. Other hotels include the Golf Course Inn, Garden Hotel and the Lakehouse.

Cameron Highlands

Budget chalets are also available.

Bukit Larut

Bukit Larut (Maxwell Hill) was founded in 1888 and is Malaysia's oldest hill resort. It rises to a height of 1,035 metres, just 3km from Taiping, Perak.

Coffee and tea were grown on an experimental basis in the past, giving rise to the Chinese name *'kopi sua'*. The resort, however, makes a suitable choice for those wanting to enjoy peace amid a cool scenery.

Getting up to the resort is via a land rover from the base of the hill. No private vehicles are allowed up the hill.

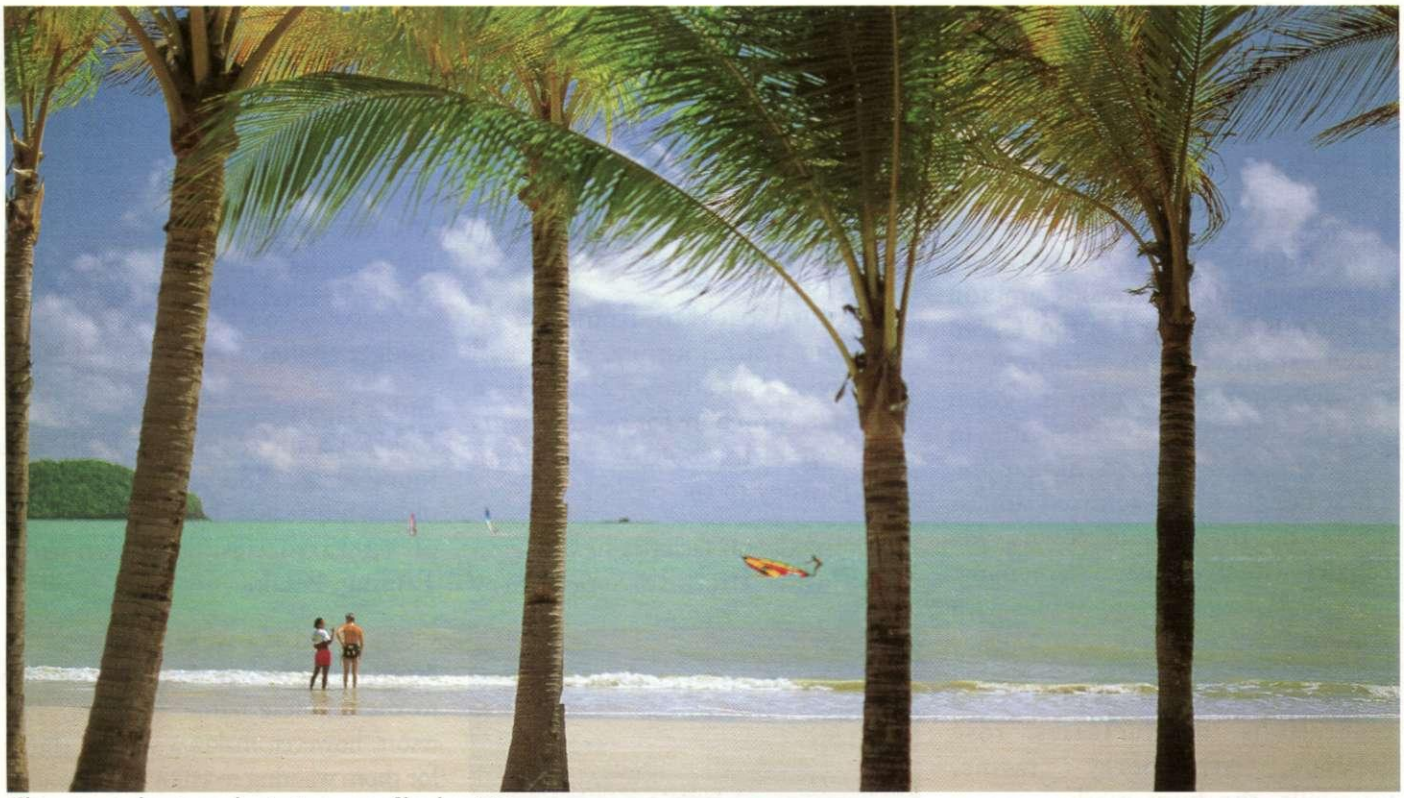
Gunung Jerai

Gunung Jerai (1,200metres) is relatively unknown as a hill resort but this highest peak in the northern region offers a worthwhile and interesting visit as the archaeological site of Lembah Bujang is situated close by.

Attractions on the mountain include a Forestry Museum and the Sungai Teroi Forest Recreation Park with jungle trails and waterfalls.

Gunung Jerai is located 34 km south of Alor Setar. Access to the peak is from Guar Cempedak from Route 1. Jeeps ply the 13 km route to the resort or you may drive up.

Hilltop Resort at Gunung Jerai, Kedah



Clear waters and scenic coastline invite a range of beach activities

Resort to the Beaches!

Batu Feringghi Beach, Penang

Malaysia has a coastline of 4,800 km and over two hundred islands. Beaches are one of Malaysia's natural assets. Soft-golden sand, secluded bays and spectacular tropical sunsets beckon enticingly. Beyond the shores, warm clear waters and teeming marine life have delighted underwater adventurers.

Many beach resorts offer facilities for water-sports. These include water-skiing, boating, cruising, snorkelling, scuba diving and trips to offshore islands.

The best beaches are found along the east coast of Peninsular Malaysia. Powdery beaches fringed by casuarinas, lapped by glassy aquamarine waters. Superb for snorkelling, diving or just swimming.

Pulau Langkawi

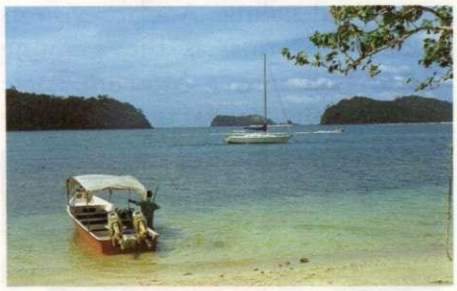
Pulau Langkawi is the main island of a group of 99 islands off the coast of Kedah. It is known for its natural beauty as well as its many legends, the most well-known being of a beautiful lady, Mahsuri, who was accused of adultery, a crime she did not commit, and was executed.

The island abounds with scenic beaches. There is Pantai Tanjung Rhu, Pantai Kok, Pantai Tengah, Pantai Cenang and Pantai Pasir Hitam (black sand beach).

Among the activities you can enjoy are snorkelling, scuba diving, boating, water skiing, wind surfing and parasailing. The seas around the island teem with fish and fishing trips can be arranged through your hotel.

How to get there:

By Air: You can get to Pulau Langkawi on a direct flight by Malaysia Airlines from Kuala Lumpur and also from Penang. Direct flights fromSingapore are also available.



Pulau Singa, Langkawi

By Rail: Rail services are also available from Kuala Lumpur to Alor Setar. Then take a taxi to Kuala Kedah to board the ferry to Pulau Langkawi.

By Road: The North-South Expressway makes driving pleasurable from Kuala Lumpur to Kuala Perlis, a journey which takes about 5 hours. From here board a ferry to the island.

Regular ferry services are available from Kuala Kedah and Kuala Perlis on the mainland to Kuah, the main town on Pulau Langkawi. The trip takes about an hour.

Pulau Pangkor

Approximately 84 km south of Ipoh in Perak is the coastal town of Lumut - the jumping-off point to Pulau Pangkor. Lumut is the home base of the Royal Malaysian Navy but sun seekers go to Teluk Batik, located approximately 6 km from the town. This stretch of beach is the haunt for campers, picnickers and watersports enthusiasts.

But for most travellers to this coastal state, the ultimate destination is Pulau Pangkor, which has enchanting beaches on its western coastline. Among them are Teluk Belanga, Teluk Nipah and Pasir Bogak. There are also quiet coves and untrodden bays at Tortoise Bay, Teluk Nipah and Teluk Chempedak.

The island is famous for fish-based resources and activities related to these can be seen around the island. There is a variety of attractive accommodation. Among them are Teluk Dalam Resort and Pan Pacific Resort. A number of chalets can be found near the beach, too.

How to get there:

By Air: Pelangi Air offers direct flights from Kuala Lumpur to Pangkor.

By Road: The road journey from Kuala Lumpur to Lumut takes approximately 3 hours. At Lumut, take a ferry to Pulau Pangkor, a half hour journey.

By Rail: KTM Bhd operates daily services from Kuala Lumpur to the north with a stopover at Ipoh. From Ipoh, taxis are available to Lumut.

For further information, please contact:
Perak Tourist Information Centre
Jalan Tun Sambanthan
Jalan Dewan
30000 Ipoh, Perak
Tel: 05-2412957
Fax: 05-2418173

Pulau Pangkor Laut

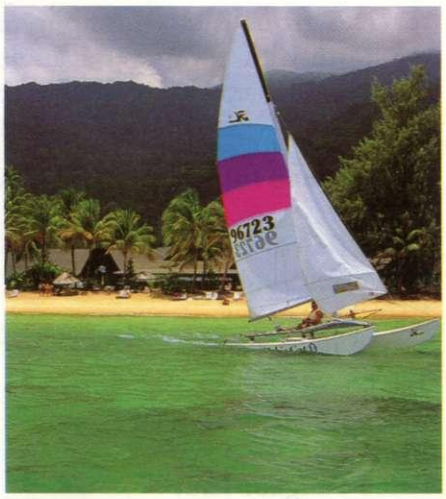
Pulau Pangkor Laut is a smaller island off Pulau Pangkor. It is privately-owned but accessible to those who like to experience the

Pasir Bogak Beach, Pulau Pangkor

ultimate in luxury and tropical splendour in a world-class resort—Pangkor Laut Resort. The resort is located on Emerald Bay, voted one of the world's best beaches.

Tanjung Bidara
Tanjung Bidara is 35 km from Malacca town. The beach is ideal for swimming, waterskiing or canoeing. Chalets and motels are available.

Pantai Kundur
Pantai Kundur, a small fishing village, is approximately 17 km from Malacca town. For a night



Tioman Island

with a difference, go night-fishing at a *Kelong*, a wooden house built on stilts over water.

Tanjung Keling
Tanjung Keling is about 10 km from Malacca town. It has a stretch of white sandy beach set within a coconut palm grove. There are a number of things to do here. Among them are picnicking, swimming and canoeing. North of the beach is the Tanjong Keling Mosque with its unique octagonal minaret and tiled steps. One kilometre away lies the grave of Hang Tuah, the legendary Malay warrior.

Desaru, Johor

Pulau Besar
Pulau Besar is located 10 km off Malacca's coast. It is known for its sandy beaches and entrancing legends and sacred shrines.

The island has an international class hotel and several chalets. Activities on the island includes snorkelling, swimming, fishing, jungle trekking and golfing.

How to get there:
A boat service (for a maximum of 12 persons) operates from Pengkalan Pernu to the island daily at RM4 per person for a return trip. For a faster mode of travel, catamarans are available from the town's jetty.

For further information, please contact:
Malacca Tourist Information Centre
Jalan Kota,
75000 Malacca.
Tel: 06-2836538
Fax: 06-2849686

Port Dickson
Port Dickson is one of the best known seaside resorts in Malaysia. It has good recreational facilities. Popular sea sports are windsurfing and watersports.

How to get there:
By bus: Take the Kuala Lumpur - Seremban bus, then board the Seremban - Port Dickson bus.

Desaru
Desaru or the 'Village of Casuarinas is a 25 km stretch of sandy beach fringed by casuarina trees. It lies on the south-east corner of Johor.

A host of facilities for sea sports await the visitor—swimming, snorkelling, boating, canoeing, windsurfing, waterskiing and catamaran-sailing. A place visitors should not miss is the Tanjung Balau Fishermen's Museum.There are various artifacts that were

Burau Bay, Langkawi

employed by fishermen during their nature of work such as fishing traps, tackles and floats in the museum. Fishermen folklores are also displayed here. The museum is located at Tanjung Balau Fishing Village.

Pulau Sibu
A refreshing hideaway, abounds with lush tropical vegetation and endless stretches of golden beaches.

How to get there:
To get to the islands, proceed to Mersing, which is approximately 138 km from Johor Bahru. The journey by road takes approximately 2 hours.

Mersing is the springboard to the islands. Many boats are available at the jetty to ferry visitors to these idyllic islands.

There are also a number of islands which lie off Johor's coast. These include Pulau Besar, Pulau Tinggi, Pulau Rawa, Pulau Aur, Pulau Pemanggil and Pulau Tengah. These are surrounded by clear waters and have a bountiful marine life.

Teluk Chempedak
5 km from Kuantan, Pahang, the beach has a range of watersports facilities such as sailing, surfing, and waterskiing. A wide range of accommodation, from international standard hotels to beach chalets are available.

Cherating
Cherating is located about 74 km north of Kuantan. Asia's first Club Mediterranee is located here. The sun-soaked golden beaches are excellent for a host of leisure activities such as windsurfing, swimming, snorkelling and

Kuantan beach

parasailing. Among the beach's attractions is the rustic atmosphere in the kampungs whose friendly people usually play hosts to visitors.

How to get there:
Take a taxi or bus from Kuantan or Kuantan Airport. Kuantan is accessible by air and road from many points within the country as well as from Singapore.

Pulau Tioman
Pulau Tioman lies 60 km off the southeast coast of the peninsular. It is the fabled 'Bali Hai' island in the Hollywood musical 'South Pacific'. The island offers relaxation, adventure, fishing and water sports. Accommodation is in the form of the luxurious Berjaya Imperial Tioman Resort to affordable chalets.

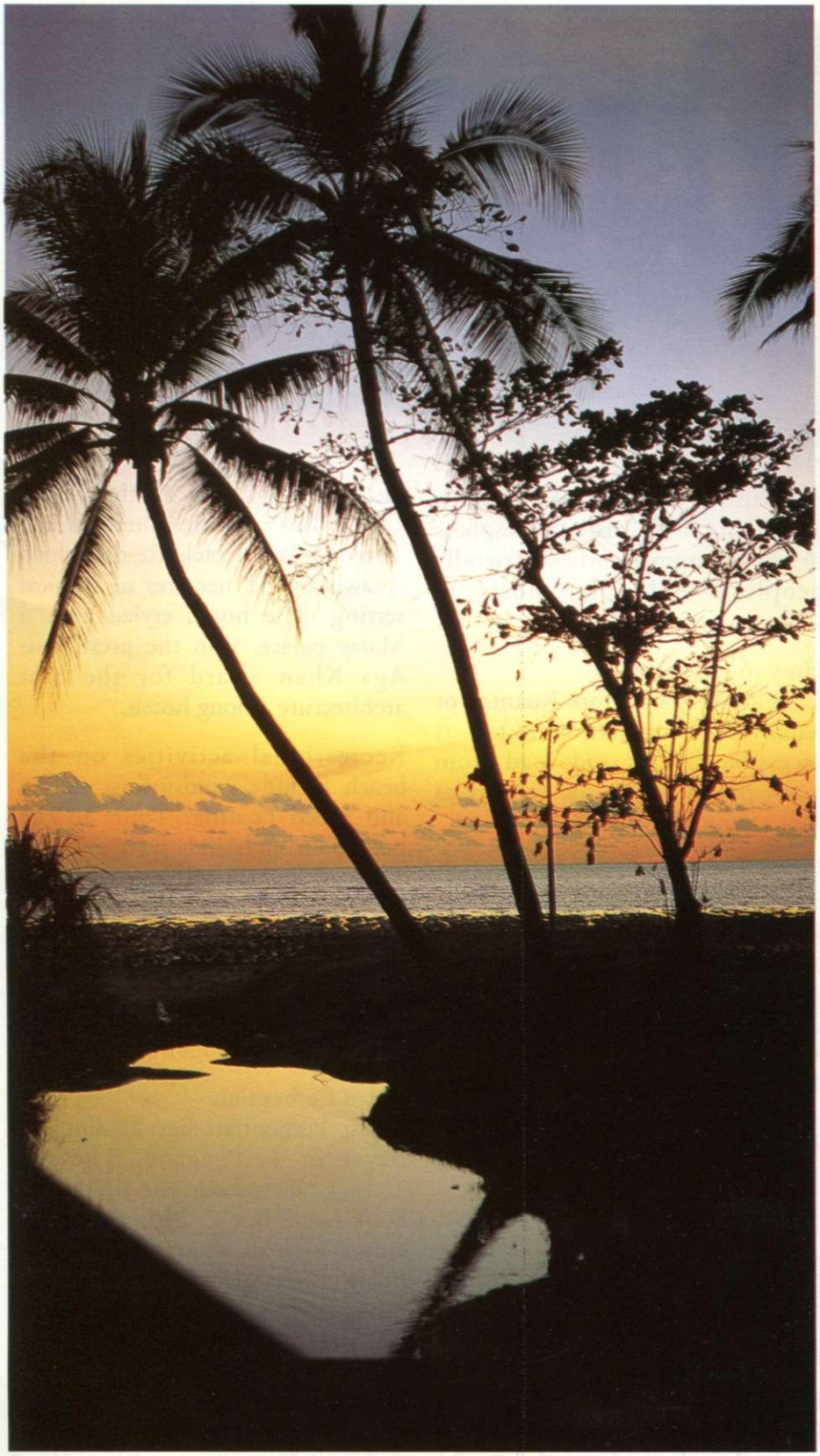
How to get there:
The boat ride from Mersing takes about 11/2 hours while from Singapore will be about 4 1/2 hours. Pulau Tioman is also served by Pelangi Air and Berjaya Air.

Tanjung Jara
Tanjung Jara is a stretch of golden sandy beach embraced by the blue-green waters of the South China Sea. Located here is the Tanjung Jara Beach Resort which sprawls on 31 hectares of tropical setting. The hotel, styled after a Malay palace, won the prestigious Aga Khan award for the best architecture among hotels.

Recreational activities on the beach include windsurfing, sailing and speed boating. Tours to the neighbouring islands such as Pulau Tenggol and Pulau Kapas can be arranged.

How to get there:
There are regular bus services and many taxis plying the Kuala Terengganu - Dungun route.

Pulau Perhentian
Pulau Perhentian lies 21 km off Besut in Terengganu. The sea journey takes about one and a half hour from Besut. Blessed with a long stretch of white sandy beach, Pulau Perhentian is the ultimate sun-n-surf paradise. The waters off the island are perfect for snorkelling, scuba-diving, wind surfing, sailing and deep-sea fishing. The island is developed with chalets and campsites.



Picturesque sunset at Cenang Beach, Pulau Langkawi

How to get there:
From Kuala Terengganu, take a bus or taxi to the jumping-off point of Kuala Besut.It takes about an hour. From the Fisheries Complex at Kuala Besut, take a boat to Pulau Perhentian. The boat ride takes about 1 1/2 hours.

Pulau Redang
Redang, about 45 km north of Kuala Terengganu, is the largest of a group of islands dotting the South China Sea off the Terengganu coast. The island is off the beaten track and offers a welcome break for those seeking privacy and relaxation. Set amidst the island's greenery is the 100-room Berjaya Golf & Spa Resort commanding a spectacular view of the sea.

The waters off Pulau Redang is known for its marine diversity and offers one of the best dive spots in the region.

How to get there:
Ferry service is available from the Marang jetty and it takes 45 minutes.

Pulau Kapas
From Marang, hop into a boat and head out about 6 km to this island renowned for its clear emerald waters and fantastic corals. Perfect for boating, fishing and snorkelling, it takes just a 30 minutes boat ride to reach this dream hideaway.

How to get there:
To get to the island, board a bus or taxi at Kuala Terengganu for the fishing village of Marang. The trip to Marang takes about 40 minutes.

Kuala Lumpur after sunset

Entertainment and Nightlife

A wide variety of entertainment can be found in the cities. Nightclubs, karaoke (sing-along) lounges, discotheques, pubs, and cineplexes are available.

Discotheques

There are discotheques in hotels which set the pace for a lively evening but there are also several independently-operated ones with the latest in laser displays, lighting and music. Discotheques are usually packed after 10pm and pulsate with activity on Fridays, Saturdays and eves of public holidays.

Karaoke Lounges

Karaoke lounges are Japanese-inspired entertainment lounges. Large video screens display lyrics

Fine dining at a nightspot

to musical accompaniment as patrons are encouraged to sing-along. Some of these outlets even conduct regular karaoke singing contests for their patrons. Cocktails and light snacks are served at these lounges.

Pubs

Pubs and bars offer a relaxed mood with light music, drinks and snacks. Most pubs are open from late afternoon/evening onwards and close about midnight.

Nightclubs

Nightclubs can be western or Chinese-inspired. Chinese-inspired nightclubs are more casual with much dining, drinking and a noisy party atmosphere. Western-influenced nightclubs are generally more formal with dinner-dance set-up with light music.

Supper Clubs

These combine fine dining and live entertainment, sometimes with international stars. A favourite with the trendy set, they close well after midnight.

Theatres

Live theatre performances by Malaysian artistes are becoming popular with the local crowd. These are performed in English and in local languages. Please check the newspapers for such events.

Cinemas and Cineplexes

Almost every town in the country boasts of a cinema or a cineplex. They show a range of movies in accordance to the multicultural composition of the local population.

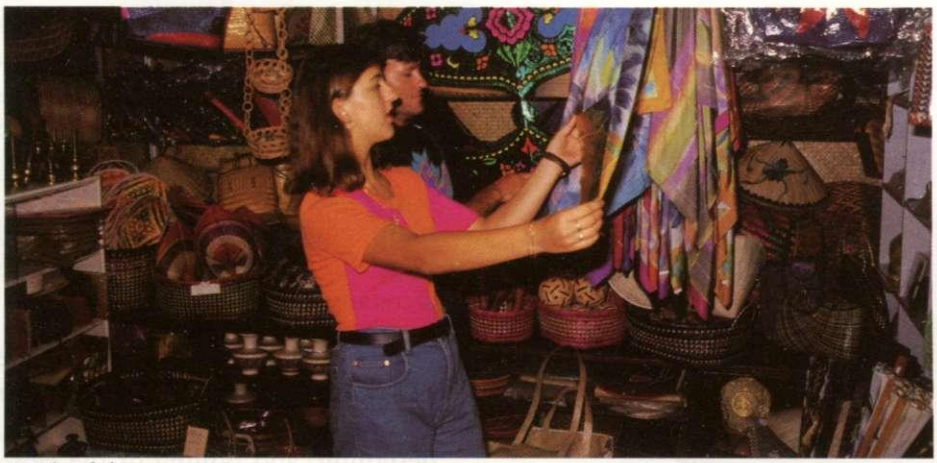
Cultural Shows

In major towns, you can take a City Night Tour which, among other things, will enable you to have a typical Malaysian meal before you settle down to watch a cultural show. Please enquire at your hotel or your travel agent for details of such cultural performances at various spots around the city.

Pasar Malam

Pasar Malam are night markets which offer an insight into the range of local food, fruits, vegetables, food tidbits, trinkets, cassettes, fabrics and even bedding and furniture. With bright lights, attractively-laden stalls and lively trading activities they bring on a unique facet of the Malaysian lifestyle. Try your bargaining skills when you make any purchase here.

"Pasar Malam" or Night Market - a uniquely Malaysian way of shopping



Handicraft shop

Good Buys Before Goodbye!

Duty free shop

Stay, savour and shop before you head home! The shops are simply superb! The goods enticing!

Malaysia is becoming a value-for-money shopping destination, given the competitive ringgit exchange, the variety of product lines, quality goods and the number of shopping establishments.

Kuala Lumpur, in particular, has carved itself a reputation as a shopping paradise. There are major shopping complexes located within the enclave bounded by Jalan Bukit Bintang, Jalan Sultan Ismail, Jalan Ampang and Jalan Tun Razak. Jalan Tunku Abdul Rahman is also another popular shopping area in the city.

Shopping in these complexes is a pleasurable activity as they offer air-conditioned comfort. Most shops are open daily from 10am - 10pm and major credit cards are accepted as well as travellers cheques. In addition, most shopping complexes house food courts and entertainment centres, as well as outlets offering valued merchandise and services to meet your every need.

An added bonus is duty-free shopping which is available at major entry-points and gateway cities like Kuala Lumpur, Penang, Johor Bahru, Kota Kinabalu, Kuching, Padang Besar, Bukit Kayu Hitam. Adding to the lure is Pulau Langkawi and Labuan which have been granted duty-free status.

"Pasar malam" or night market (bazaar style) offers a different kind of shopping experience. As soon as the sun goes down, traders roll out their mats, set up their tables and display their wares. You have to negotiate and bargain the price. You will find anything from Malaysian food to traditional herbal medicine.

Gold

Most gold in Malaysia is between 20k and 24k. Workmanship is of high quality and designs are creative. When you purchase gold items, do get a receipt with a full description of the gold content and its weight.

Gemstones

You have a wide choice in terms of precious gemstones of exquisite design - traditional or *avant garde* pieces.

Photographic and electronic equipment
Cameras, watches, lighters,pens and electronic goods are duty free and hence amongst the best priced in the region.

Designer Goods
Designer clothing, shoes, leather products and accessories are available at leading hotel arcades and shopping establishments.

These products carry renowned labels like Chanel, Gucci, Karl Lagerfeld, Louis Vuitton, Christian Dior, Gianni Versace, Hugo Boss and a whole lot more.

Batik Shop

Handicraft
If you are looking for Malaysian crafts to take home, Infokraf or Karyaneka can be a good choice. A visit to one of these handicraft-making centres can also be an educational experience. Recommended crafts are:-

Woodcarving - Most of the finest woodcarvings come from Kelantan. Items produced include mirror frame panels and lamp stands.

Pottery - Each Malaysian state has its own distinct style of pottery making. This ranges from the uniquely black sayong pottery from Perak to the bold geometric design of Sarawak's. The former is a favourite amongst souvenir hunters and comes from the little village of Sayong, in Perak.

Brassware - Terengganu is the home of the brassware industry. Popular brass items are vases, trays and candle stand trays.

Silverwork
Rose bowls, napkin holders, decorative plates and filigree jewellery are some of the silverwork you may be able to buy. The Kelantanese, again, are well-known for their fine silverwork.

Locally-crafted silverware

Pewter - Handcrafted pewter makes long-lasting memento and Malaysian pewter is of high quality. It is made from 97% refined tin blended with antimony and copper. Pewter items come in the form of mugs, goblets, vases, plaques, figurines, coffee sets and ash trays.

Royal Selangor, Penang Pewter and Tumasek Pewter are the leading pewter manufacturers.

Batik - Malaysian batik, a perennial favourite among locals is fast gaining international acclaim. Batik produced by drawing or hot stamping wih wax on fabric comes in various attractive designs and colours. In addition to being appropriate material for attire, batik tableclothes, curtains, hand bags, paintings and hats make attractive souvenirs.

Producing batik is a unique process of wax blocking (or brushing), then dyeing, drying, designing, and boiling of the cloth through repetitive processes. New dyes and techniques have enabled batik to be printed on poplin, lawn, shirting, cambric, swiss voile, cheese cloth, silk and satin.

Batik clothing, tablecloths, handbags, paintings and hats are some of the attractive products that make fine souvenirs to take home.

Tekat - An ancient craft of gold embroidery on rich dark velvet, *tekat* makes elegant home furnishings such as wall hangings, cushions and even bedroom slippers.

Songket - *Songket*, a fabric richly woven in gold or silver thread was once reserved for royalty. It is now used for ceremonial occasions as well as weddings. *Songket*-based souvenir items like coin purses are also available.

Tasik Melati...a small but scenic lake

Perlis

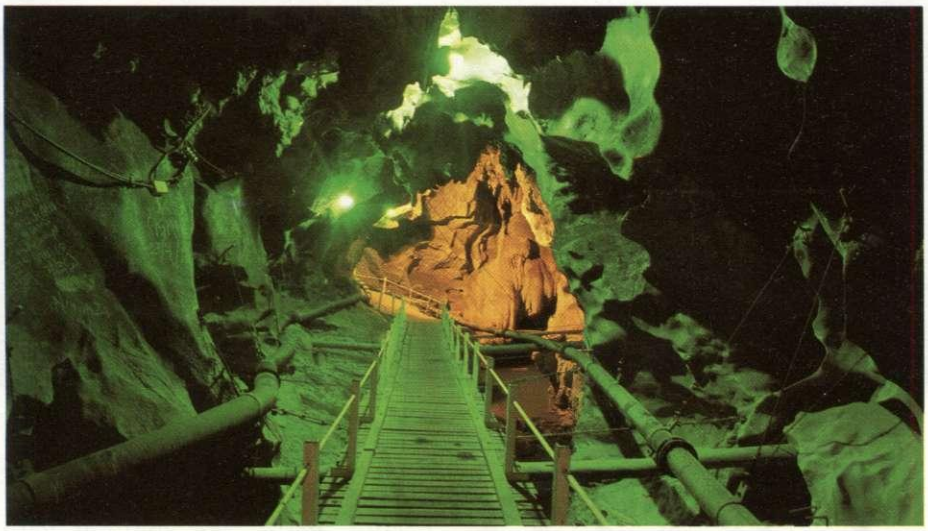
Perlis, the smallest state in Malaysia lies at the north western tip of the Malay Peninsula; bounded by Thailand in the north, and by Kedah to the east and south. Its western coastline borders the Straits of Malacca. It measures approximately 759 sq. km and has a population of 175,000. The state capital is Kangar while Arau, 10 km away is the royal town.

Although small in size, Perlis is not without its attractions, foremost among which is its serene unspoilt beauty. Perlis, too abounds with rustic rural scenes and rolling green fields of padi.

Istana Arau

The state capital is bordered by an expanse of verdant green or golden padi fields, depending on the season of growth and that of near-harvest.

Kuala Perlis



Gua Kelam, Kaki Bukit

Kangar is the seat of the State Government. The golden-domed State Mosque occupies an ideal part of the town. The Stadium, General Hospital, Travel Lodge Hotel and schools are all within walking distance from one another.

Places of Interest

Gua Kelam (Dark Caves)

Located about 26 km from Kangar, Gua Kelam traverses approximately 370 metres of limestone hills from Kaki Bukit on the Malaysian border to Wang Kelian near the Thai border.

The cave was at one time used as a trading route between the locals and the Siamese.

Padang Besar

Padang Besar, on the Malaysia-Thai border is a shoppers' haunt. There is also a duty free shop.

Kuala Perlis

Located at the estuarine delta of the Sungai Perlis, Kuala Perlis is noted for its local fast food, *laksa*, i.e., rice noodles dipped in spiced fish-soup with sliced onions and cucumber. It is also the take-off point to Pulau Langkawi and other coastal towns and villages.

Arau

Arau is the royal town of Perlis. It is located 10 km south of Kangar. Of interest here is the Istana Di-Raja (Royal Palace) and the Masjid Negeri (State Mosque).

Chuping

Chuping derived its name from the limestone hill known locally as Bukit Chuping. It is a wide area of lush green sugarcane grown for commercial purposes. It is also an area of sugar refineries and cement plants. The natural resources found here support such industrial developments.

Tasik Melati

Tasik Melati is a small but picturesque lake located in a partially marshy lowland about 8 km north of Kangar. More than 150 sandbar-islands may be seen all over the lake. Sampans can be rowed to these tiny islands. Elevated walkways are also found over the waters of the lake, providing vantage viewpoints and seatings for visitors.

Gunung Medan

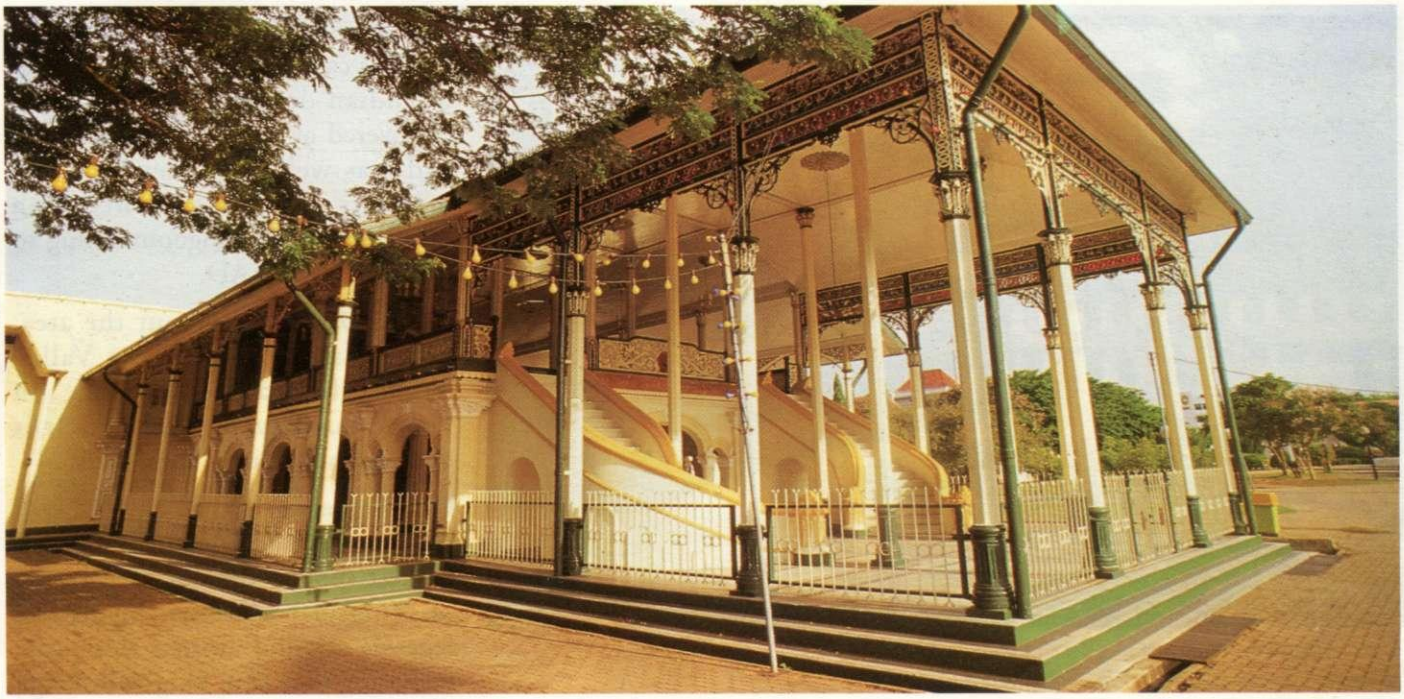
Gunung Medan, situated 6 km south of Kangar, is a limestone outcrop, 300 feet high. A road climbs up to the peak. Stairways and walkways have been constructed. The place makes a suitable picnic spot.

Sungai Batu Pahat

Sungai Batu Pahat is located 10 km east of Kangar. For golfers, the town offers a 9-hole golf course. It is relatively flat and has numerous obstructions and traps. It is reckoned to be a difficult par-72 course.

The nearby Snake Farm makes an interesting visit. A large collection of snakes can be viewed. The Snake Farm is primarily used as a research facility to test and develop serums for treatment of snake bites.

Opens 10.00am -4.00pm (Tues-Sun)



Balai Besar, Alor Setar

Kedah

Situated in the northwestern corner of Peninsular Malaysia, the state of Kedah covers an area of approximately 9,425 sq. km and with a population of 1.5 million. Kedah, together with the neighbouring state of Perlis in the north, is traditionally known as the "Rice Bowl of Malaysia", being the major producer of rice in the country. A visit to Kedah will reveal a land of serene natural beauty, surrounded by the greenery of padi during the planting season and golden hues at harvest time.

Kedah's lush padi fields

Summit serenity - atop Gunung Jerai

Kedah is one of the fastest growing states in the Peninsular with many industrial, commercial, tourism and housing projects at various stages of development.

Alor Setar, the state capital, is the seat of Government and the business centre of the state. In the town, many old buildings still stand in their original form together with other historical relics.

The border town of Bukit Kayu Hitam in northern Kedah is the main gateway to Thailand. The main attraction here is the duty-free complex that is open from 7.00am to 10.00pm daily.

Another famous historic site in the south-west of Kedah, is Kota Kuala Kedah where a fort was built to ward off attacks by Kedah's enemies from the sea.

Further south, the towns of Sungai Petani and Kulim are rapidly joining the mainstream of development with the establishment of industrial and high-tech parks.

Off the coast of Kedah, the captivating beauty of the Langkawi Islands, beckons an ever growing number of visitors to its shores.

Places of Interest

Lembah Bujang

At the foot of the mountain lies Lembah Bujang (Bujang Valley), hailed as the most significant archeological site in Malaysia. Archeological findings in the Bujang Valley such as the ancient tomb temples called *'candi'* and the statues of Indian deities similar to those uncovered at the historical sities in India as well as numerous other artifacts furnish evidence of a Hindu- Buddist Kingdom dating to the 4th Century AD.

To discover more about the area, pay a visit to the Bujang Valley Archaeological Museum in Pengkalan Bayang Merbok. It is open from 9.30am - 5pm, daily.

Gunung Jerai

Gunung Jerai (1,206 metres) is the highest spot in the northern region of Peninsular Malaysia. Myths and legends abound around this peak, including that of a 'king with fangs' (Raja Bersiong) who resided at the foothills of the mountain.

The Sungai Teroi Forest Recreation Park situated here, offers jungle trails, waterfalls and camping spots.

Air Terjun Puncak Janing

Located in Padang Terap, 25 km from Alor Setar the capital of Kedah. A waterfall and unspoilt mountain scenery beckons.

Pedu Lake & Golf Resort

Pedu Lake & Golf Resort comprises an expanse of lake framed by

Ancient relics of a tomb temple at Bujang Valley

undulating hills. Located near the border of Thailand, it is 90 km from Alor Setar.

The lake teems with fresh water fish while the jungles nearby offer birdwatching and jungle-trekking. Golf, of course is the prime sporting activity. The 18-hole course, built near the lake's edge, has several holes extending into the jungle.

ALOR SETAR

Menara Alor Setar (Alor Setar Tower)

Menara Alor Setar is Kedah's most recent landmark and the tallest communication tower in the northern region. Situated prominently in the heart of Alor Setar town, it has two viewing decks and a revolving restaurant. From the top of the tower, one can enjoy a breathtaking view of the town by day or night.

Balai Nobat (Hall of Drums)

Balai Nobat belongs to the old Sultanate of Kedah. The Hall features the *nobat*, the orchestra of royalty. It comprises drums, gongs and a traditional flute. These instruments are played on special ceremonial occasions only. The skill of playing these instruments is generally passed on from father to son.

Balai Besar

Situated near Balai Nobat and facing Masjid Zahir, Balai Besar is an impressive wooden edifice built in 1898 embodying certain aspects of Thai architecture. This 'great hall' is used frequently for royal and state functions.

Masjid Zahir

Officially opened in 1912, this mosque is an architectural landmark. With black domes set off against slender minarets, its numerous arches and columns are an architectural wonder. The state's Quran reading competition is held annually within the premises of the mosque.

Royal Museum

The Royal Museum (Muzium Di Raja) is another fine example of local architecture hinting strongly of Thai influence in its majestic design. Built in 1936, it houses a veritable collection of Kedah's royal and cultural heritage.

Pekan Rabu

Pekan Rabu, translated means 'Wednesday Market' but its popularity with locals and visitors has made its business hours to be extended throughout the entire week, from morning till midnight. Stalls sell handicrafts as well as food. Located near the Government offices in Alor Setar.

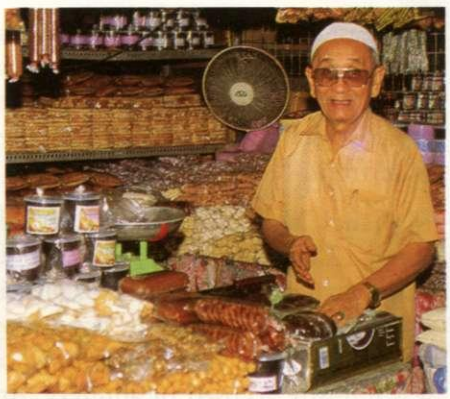
'Rumah Kelahiran Mahathir'

This is the birth place of Malaysia's Prime Minister, Dato' Seri Dr Mahathir Mohamad. A tour of the house offers an insight into the Prime Minister's youth-from his school days to his success as a doctor. Photographs, furniture, household items and even his favourite bicycle make for an interesting visit.

Pantai Merdeka

Located 60 km south of Alor Setar, the 1 km Pantai Merdeka is the place for a day at the beach.

Fishing and scuba diving/snorkelling trips off its coastline can be arranged through your travel agent. Qualified diving guides are available. Is camping out on a coral island your kind of holiday dream? Then, **Pulau Bidan**, just 1 km long and 1/2 km wide, is the answer.



Pekan Rabu (Wednesday Market)

PULAU LANGKAWI

Pulau Langkawi is the main island in a group of 99 islands located northwest of Peninsular Malaysia. It is 30 km from Kuala Perlis, its nearest 'jumping-off' point by sea. Pulau Langkawi is accessible directly by air. There are also regular ferry services from Kuala Kedah to the island.

The islands are associated with legends, hence their nickname 'Langkawi - Isles of Legends'.

The Langkawi Islands are relatively unspoilt. Development is concentrated on the main island of Langkawi which is fast becoming a popular destination for tourists. The island acquired duty-free status in 1987 and hence is popular with shoppers.

Accommodation in Pulau Langkawi ranges from international standard hotels to beachside chalets. There are many scenic beaches on Pulau Langkawi, among them Pantai Cenang, Pantai Rhu, Pantai Pasir Hitam, Pantai Kok and Pantai Tengah.

Popular places of interest on the Langkawi group of islands are:

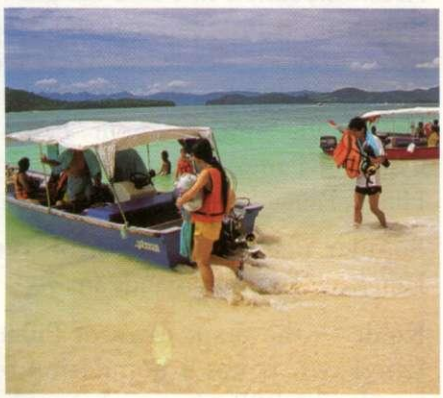
Kuah — the main town of Pulau Langkawi. It has a population of nearly 11,000. Located on the

southeast of the island, the town offers handicrafts of shell and local marble as well as duty-free shopping on its single main street which runs along the waterfront.

Mahsuri Mausoleum — located about 12 km from the main town of Kuah on Pulau Langkawi. Mahsuri is the island's most famous legendary figure. She was a beautiful lady who was unjustly accused of adultery. At her execution, in anguish she placed a curse on Langkawi that the island would be barren for seven generations. Seven generations have since passed, and today Langkawi blossoms with progress.

Kampung Tanamas — located adjacent to the Mahsuri Mausoleum 14 km from Kuah Town. Its attractions are heritage-based activities of which tourists may participate. This tourist spot is open daily from 8.30am - 6.00pm. **Entrance Fee:** RM1.00 per person (You can enter free of charge if you have the receipt to enter Mahsuri's Tomb)

Air Hangat Village — The Air Hangat Village is a new tourism concept that sees the redevelopment of the former hot spring tourist attraction known as Telaga Air Hangat. Located



Pulau Singa

A hot spring fountain at Air Hangat Village

about 16 km north of Kuah, the Air Hangat Village sprawls over 4 acres. Among the attractions visitors can look forward to are:

- A three-tier hot springs fountain
- An 18m hand-carved riverstone mural which tells the origin of the hot springs
- Outdoor entertainment featuring Malaysian/ASEAN cultural dances and traditional games
- Village activities such as padi planting
- Entertainment by elephant trainers and snake handlers
- Duty-free shopping
- Theatre restaurant featuring Malaysia, Thai and Indonesian cuisine.

Opening Hours: 10am - 10pm (Daily all year round)

Taman Buaya Langkawi (Langkawi Crocodile Farm) — is situated at Teluk Datai, about 30 km from Kuah Town. The farm covers 20 acres and has more than 1000 crocodiles.

Registered with The Convention on International Trade and Endangered Species (CITES), the farm has many attractions for the tourist. Amongst them are:

- Feeding Pond
- Species Pond. You would be able to see crocodiles and alligator species from all over the world.
- Breeding Pond. Crocodiles mate and nest here
- Show Pond. Watch man and crocodiles 'wrestle'
- Bridge-Over-Pond. Enables you to get a closer look at crocodiles.

You would also be able to watch an audio-visual on the life-cycle of a crocodile at the exhibition centre.

The farm is equipped with a fast-food shop, souvenir shop, toilets and a car park.

Opening Hours: 9.00am - 5.00pm daily.

Admission Fee: Adults: RM5, Children: RM3

Pulau Singa Besar — located south of the main island of Langkawi. It takes 35-45 minutes by boat. The island, measuring 6.5 km by 2.5 km, is interesting because of its geology, flora and fauna. In view of the island's diverse natural attractions, the government has designated Pulau Singa Besar as a permanent bird and animal sanctuary.

Underwater World Langkawi

Opened in March 1996, this aquarium is located in Pantai Cenang and is the largest in Asia, featuring more than 5,000 marine and fresh-water fish including numerous species of live corals.

Aquabeat

This vast indoor water theme park offers a range of fun-filled water-based activities for the family. Fast food outlets, snack bars and restaurants are also available.

Galleri Perdana

Situated in Kilim, 15 km from Kuah, this gallery houses the souvenir collections of Dato' Seri Dr. Mahathir Mohammad, Malaysia's Prime Minister.

The 13.5 km Penang Bridge, an engineering marvel.

Penang

Penang, fondly referred to as 'The Pearl of the Orient', needs little introduction to most overseas visitors. Fine beaches and interesting sights have made it one of the most popular destinations in the region. Strategically located on the north-western coast of Peninsular Malaysia, it consists of Penang island and a strip of land on the mainland called Seberang Prai.

From its establishment as the first British trading outpost in the Far East in 1786, Penang is today a bustling metropolitan city with a unique blend of East and West.

Downtown Penang

Penang Bird Park in Seberang Jaya

The island is linked to the mainland by the Penang Bridge, which at 13.5 km, is one of the longest bridges in Asia. However, should the old world charm of travelling in the famous 24-hour ferry service appeal to you, the service still exists. The ferry leaves from Butterworth on the mainland and tickets can be purchased there. Ferry fare-Adults: 40 sen, Children: 20 sen. For cars below 1200cc the rate is RM4; RM5 for cars 1200cc-1600cc and cars above 1600cc pay RM6. A toll of RM7 is collected at the Penang Bridge from all cars driving from the mainland.

Penang's Bayan Lepas International Airport is about 20 km from Georgetown, its capital. If you wish to travel by train, the railway station is on the mainland, located at Butterworth, Seberang Prai.

Places of Interest

Fort Cornwallis

The fort was built on the site of Francis Light's historic landing in 1786. Originally a wooden stockade, it was replaced by a concrete structure built by convict labour, in 1804. Today, an open-air amphitheatre, a history gallery and a handicraft and souvenir centre occupies the interior. It houses the famous Dutch cannon presented to the Sultan of Johor by the Dutch and which finally found its way to Penang after being looted by the Portuguese, spent some time in Java and was later dumped into the sea by pirates.
Opening Hours: 8.30am - 7.00pm
Admission: RM1 per person.

Penang Bird Park

Sprawled on 5-acres of landscaped grounds in Seberang Jaya, there are over 400 species of birds within the park.

The birds, which come from all over the world, are on view in specially designed aviaries. Man-made islands with waterfalls, gardens and ornamental plants abound. Of note are the wide variety of orchids and hibiscus plants.
Entrance Fee: Adults: RM4.00, Children: RM2.00
Open: 10am-6pm (Daily)

Bukit Mertajam Recreational Park

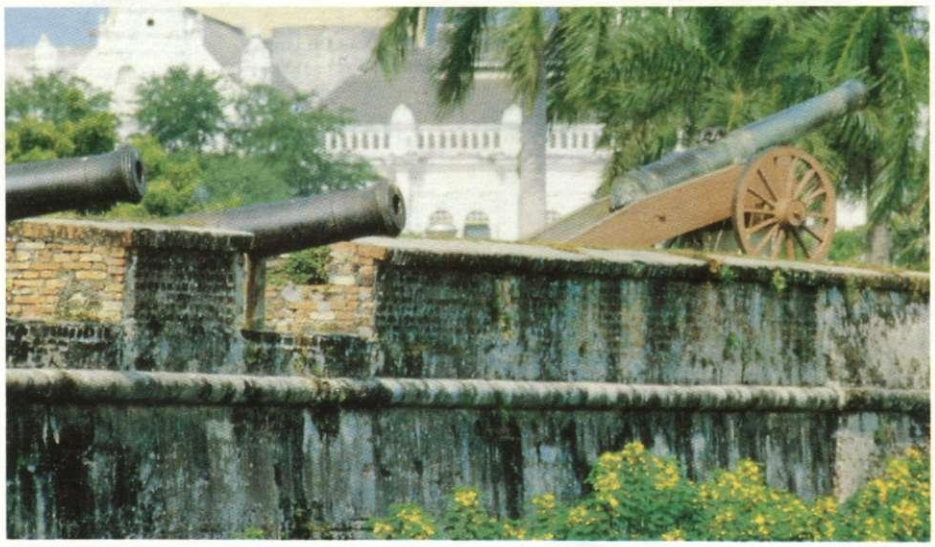
Located approximately 18 km from Butterworth ferry terminal, near to the town of Bukit Mertajam, this park covers an area of 37 hectares of hilly terrain, ascending 457 metres above sea level. Its cool hill air encourages a profusion of ferns, ephiphytes and wild flowers, as well as exotic butterflies, birds and insects. For the adventurous, there are numerous jungle tracks leading to the heart of the forest.

Penang Butterfly Farm

Located at Teluk Bahang, the Butterfly Farm has over 100 species of butterflies and insects amidst landscaped tropical gardens.
Opens daily from 9am to 5pm
Entrance Fee: RM4

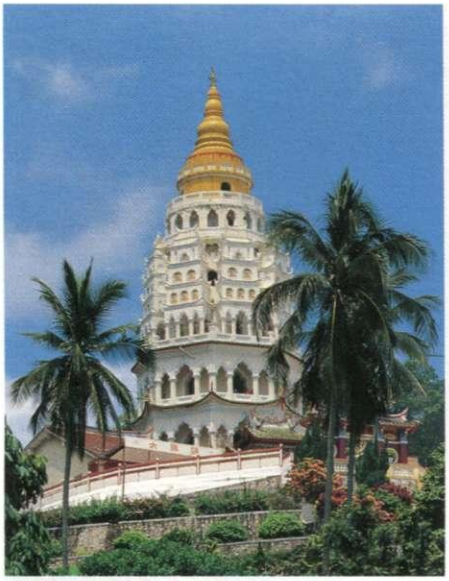
Penang Hill

For a view of Penang, take the funicular train for a slow climb to Penang Hill (821 metres). The train leaves the station at Air Itam at 6.30am and at half hourly intervals.
Trainfare: Adults: RM4.00, Children: RM2.00



Fort Cornwallis

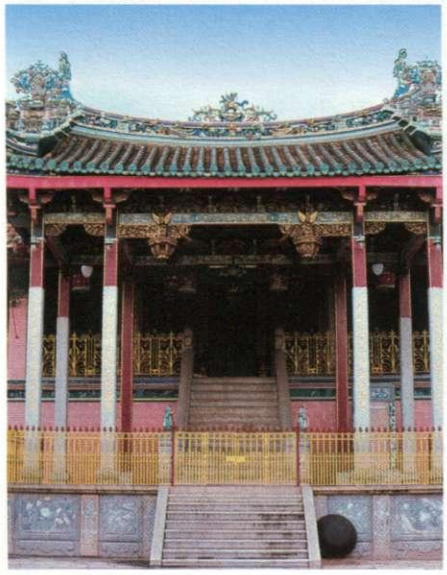
Penang Hill



Kek Lok Si Temple

Snake Temple
Probably the only one of its kind in the world. Snakes coiled around objects on the altar are believed to be rendered harmless by the smoke of the burning incense in the temple. Admission is free.

Botanical Garden
The Botanical Gardens offer peace and tranquality amidst lush green surroundings, tropical plants and the vibrant colours of Penang's flora. The 30-hectare garden also features a waterfull. Created in 1884 by the British, it was meant as a tribute to Charles Curtis, its first superintendent who collected botanical specimens from the surrounding hills - specimens which have since become significant samples in the world's major herbariums. The gardens are also well-known for their bold Rhesus monkey.
Admission : Free
Opening Hours: 7.00 am - 7.00pm



Khoo Kongsi

Wat Chayamangkalaram Temple
This Buddhist temple of Thai architecture houses a 33-metre gold-plated reclining Buddha - said to be the third largest in the world. The niches behind the statue house urns containing the ashes of devotees.
Admission: Free

Kek Lok Si
The largest and one of the most beautiful Buddhist temple complex in South-East Asia. Offers an interesting mixture of Chinese, Thai and Burmese architecture. The temple is dominated by a seven-tier pagoda, the Ban Po Thar which rises 30 metres high. Work on this temple began in 1890 and took more than two decades.

Khoo Kongsi
The forefathers of the Khoo family who emigrated from South China built it as a clan-house for members of the Khoo family. It was burned down in 1884 and some believed that it was due to its resemblance to the Emperor's palace. A scaled down version was later built in 1902. The building features a magnificent hall embellished with intricate carvings and richly ornamented beams of the finest wood bearing the mark of master craftsmen from China.
Opening Hours: 9.00am - 5.00pm (Monday to Friday), 9.00am - 1.00pm (Saturdays).
Permission to enter must be obtained from the Kongsi office.

St George's Church
Built with convict labour in 1818, it is one of the oldest landmarks in the city. The entrance of this stately Anglican Church named after the patron saint of England, features a memorial canopy dedicated to Captain Francis Light.

Sri Mariamman Temple
This temple, built in 1883, features fascinating sculptures of gods and goddesses over its main entrance and on its facade. Housed within its ornately decorated interior is the priceless statue of Lord Subramaniam embellished with gold, silver , diamonds and emeralds. The status figures prominently in the annual Thaipusam festival when it is borne on a silver chariot through the city streets to the temple at Jalan Waterfall.
Opening Hours: Morning to late evening.
Permission to enter must be obtained from temple officials.

Penang Museum and Art Gallery
Located at Lebuh Farquhar, the Penang Museum and Art Gallery houses old photographs, maps, charts and historical relics. It was built in 1821 and was formerly the Penang Free School.
Opens: 9am-5pm (Daily)
On Fridays, closed between 12.15pm -2.45pm

Pulau Pangkor

Perak

Perak covers an area of 21,000 square kilometres and has a population of about two million. The state is divided into nine districts. Major towns include Ipoh, Kuala Kangsar, Taiping, Teluk Intan and Lumut. Kuala Kangsar is the

Pomelos are found in abundance in Ipoh

royal town of Perak, while Ipoh is the administration centre and the state capital.

Perak was once renowned for its rich tin deposits. The state derived its name from the silvery tin ore-*perak*-which means 'silver' in the Malay language.

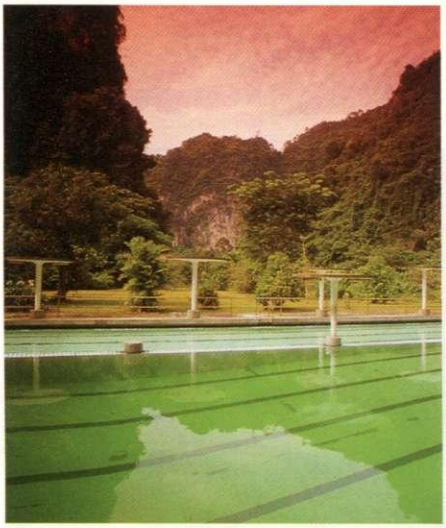
Despite the tin slump in 1983, the state has succeeded in restructuring its economic development resulting in continuous industrial growth.

Perak is famous for its giant limestone outcrops, hot springs, pomelos, ground nuts and Chinese food.

Places of Interest

Taiping

Taiping is the old capital of Perak. It was a thriving mining town. Its disused mining pools have been



A spa at Tambun Hot Springs

cleverly landscaped to form the beautiful Lake Gardens. **The State Museum** is within the vicinity. Artifacts such as ancient weapons, handicrafts and aboriginal implements can be found here.

Tambun Hot Springs

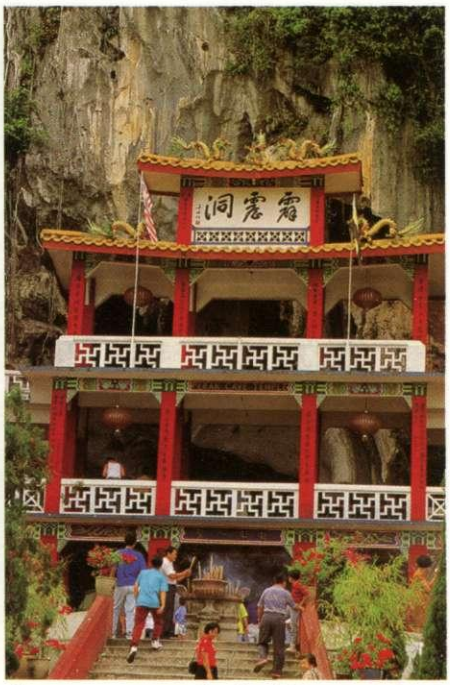
Like a soak in a sulphur-rich bubbling hot springs? Take a 15-minute drive from Ipoh to the famous Tambun Hot Springs. Changing facilities are available. Entrance fee: RM5.

Cave Temples

Cave temples loom right beside the roads so it is hard to miss them. Make a stopover visit at these temples. There are Buddhist vegetarian restaurants in the temple grounds. Two of the well-known temples are Perak Tong and Sam Poh Tong.

Bukit Larut (formerly Maxwell Hill)

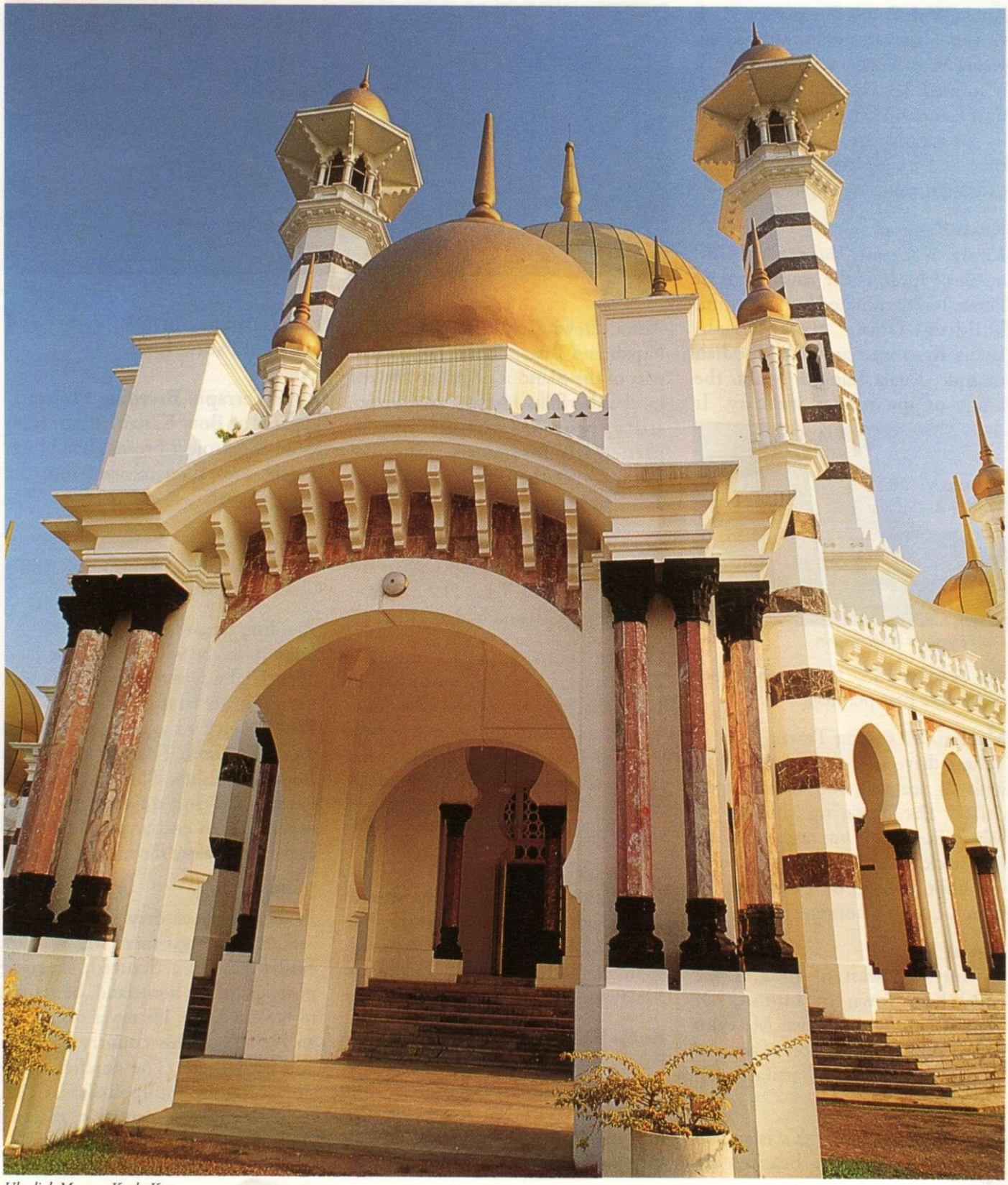
Located just 10 km from Taiping is Malaysia's oldest hill resort, Bukit Larut. The hill is accessible by four-wheel drive only. A land



Entrance to a cave temple at Perak Tong

rover is available at the foot of the hill. It leaves every hour, from 7am to 6pm. Fare: RM2.50 for adults and RM1 for children.

Taiping Lake Garden



Ubudiah Mosque, Kuala Kangsar

Kuala Woh Forest Recreation Park
Covers 6 hectares of forest reserve. Kuala Woh Forest Recreation Park is located 13 km south of Tapah near Cameron Highlands. Amongst its attractions are a hot spring, a river and jungle trails. Suitable for overnight camping trips.

Kuala Kangsar
Kuala Kangsar, located 48km north of Ipoh, is the royal town of Perak. It is dominated by 3 beautiful buildings-Istana Iskandariah, Istana Kenangan and the Ubudiah mosque. Kuala Kangsar is also the home of the rubber industry. It

Istana Kenangan, Kuala Kangsar

was here in 1877 that nine rubber trees were first planted.

Malaysia's Leaning Tower
Take a drive to Teluk Intan if you wish to see this odd tower, aptly called the Leaning Tower of Malaysia. A 25.9m high pagoda-like clock tower leans at a degree. It was built in 1885 by a wealthy tin-miner, Leong Choong Choong.

Lumut
85 km southwest of Ipoh is the naval base town of Lumut. Of interest here is the Naval Museum which houses a collection of ancient weapons and historical artifacts.

Pulau Pangkor
Pulau Pangkor is Perak's island in the sun. Its popular beaches are

Banding Resort

Pantai Dewi, Teluk Belanga, Teluk Nipah and Pasir Bogak. The eastern part of the island is populated by the local fisherfolk. Houses on wooden stilts provide quaint appeal, particularly for camera buffs. For history, visit the old Dutch Fort at Teluk Gedung, built in 1670.

Accommodation on the island ranges from international hotels such as the Pan Pacific Hotel, Teluk Dalam Resort to medium class and budget facilities.

Off the main island of Pangkor is Pangkor Laut, a privately-owned island but available to those who would like to experience the ultimate in luxury at Pangkor Laut Resort. The island has fine beaches, among them the one at Emerald Bay which was voted one of the world's best beaches.

Geological Museum, Ipoh
Geologists, please note this should prove a worthwhile visit for you. The Museum, located in Jalan Harimau, Ipoh, is the only one of its kind in Malaysia.

Kuala Gula Sanctuary
Bird lovers' paradise! Over 100 species of birds come to this area, particularly between the months of August and December. For information, contact the Department of Wildlife and National Parks, Ipoh.

River Terrapin Breeding Project
Located at Bota Kanan, 40km from Ipoh, the project breeds hatchlings which are then released into the Sungai Perak.

It is possible for visitors to stay to witness terrapins laying eggs. Chalets are available.

Banding Resort
Sojourn in the wilds! Along the East-West Highway is the Banding Resort, set atop an island in Temenggor Lake. There's a resthouse, a shop and a petrol station. The lake teems with freshwater fishes. The land has been earmarked for development, so experience an encounter with nature at her best before the masses descend.

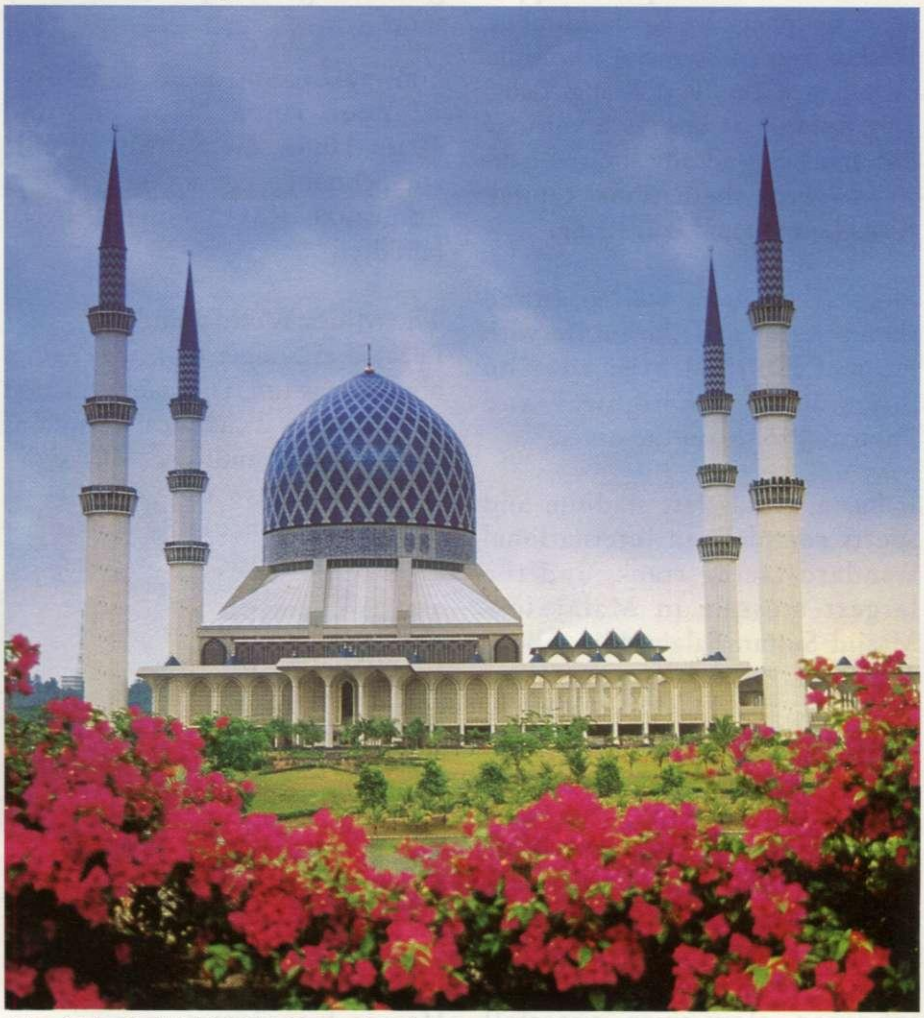
Kellie's Castle
In the past Perak drew many fortune seekers. Amongst them was William Kellie Smith, a Scottish. Feeling nostalgic of his homeland, he started to build a castle. He never completed it. He left for his country in 1926 and died there. The derelict castle situated along the Ipoh-Batu Gajah road is now a popular tourist attraction.

Selangor

Selangor covers an area of approximately 8,000 sq km on the west coast of Peninsular Malaysia. It has the distinction of being the most populated state with about 3.75 million inhabitants, a large proportion of whom live around the Federal Territory of Kuala Lumpur, though the balance is now shifting towards its new capital, Shah Alam. Home to the largest port in the country, Port Klang, it is a highly developed state whose well-diversified economy ranges from agriculture, industrial, commercial to tourism. Many of the country's largest industrial operations are found in the various industrial zones, particularly in the Klang Valley.

Its history dates to the 16th century when rich tin deposits were found, attracting miners, immigrants and colonisers. By the middle of the 18th century, the Bugis, who established the present Sultanate, had begun to dominate the state both politically and economically. In-fighting between the Bugis, Chinese and Malay nobility gave the British their opportunity to gain a foot-hold. Selangor remained under British rule from 1874 until independence.

Capital: **Shah Alam**
Shah Alam is just 15 minutes from Sultan Abdul Aziz Shah Airport in Subang.



Sultan Salahuddin Abdul Aziz Shah Mosque, Shah Alam

Shah Alam

The modern township is encapped at its periphery by Kuala Lumpur, Petaling Jaya and 5 major townships including Klang, Port Klang, Bangi and Kajang. It enjoys a vantage location being ideally located half-way between the national capital, Kuala Lumpur and Port Klang.

Shah Alam is a well-planned showpiece city of the future with most of the residential areas on one side of the highway and industrial zones on the other.

It has a world-class stadium and sports complex, an international standard racing track, and the largest mosque in Malaysia - Masjid Sultan Salahuddin Abdul Aziz Shah.

Places of Interest

Sunway Lagoon

Sunway Lagoon is the first international standard water theme park in Malaysia. Within the park are water-based attractions like giant waterslides, twin speed slides, double twister, wave pool, toboggan, slow river, waterfall garden, lagoon express and many more.

Sunway Lagoon opens daily from 12 noon-10pm (Mon-Fri) and 10am-10pm on Sat/Sun/Public and School Holidays.
Admission: RM15 (adults)/RM10 (children)

The Mines Wonderlands

Located at Sungei Besi, the Mines offers family fun. The main attraction of the park is its Musical Fountains which presents multi-coloured sprays of water which dance in harmony to music.

Across the lake, a parade of giant animated animals including a dolphin, octopus, sea turtle, crocodile, carp and a swan glide across the lake at 8.45pm and 10.15pm daily.

Other attractions include a Snow House where visitors can experience winter, a man-made beach for picnic outings and watersports on the lake.
Open: 11am-11pm
Admission: RM6 (Adults)
(Weekend -RM10)
RM3 (Children) (Weekend-RM5)
Snow House: RM8
(unlimited time)

Malaysia Agriculture Park

Just 10 minutes from the heart of Shah Alam is the 1,258-hectare Malaysia Agriculture Park. It offers the visitor a glimpse of the nation's agricultural resources such as oil palms, padi fields, rubber trees, coconut trees and fruit trees. It is also the largest agro-forestry park in the world. Other attractions here include two dams, a fishing lake, a Temperate House, a suspension bridge, a bird and a safari park. Bicycles are available for hire within the park. Buses are available on weekends only. Overnight visitors may stay at chalets from RM30 per chalet.

Malaysia Agriculture Park, Shah Alam

Batu Caves

Port Klang

Batu Caves
Located 13 km north of Kuala Lumpur. A popular tourist attraction, particularly during the Hindu festival of Thaipusam which falls in late January each year. The Hindu shrine is located in the Main Cave, 272 steps up. At the foothills is a smaller cave which houses an interesting display of Hindu mythology.

Hutan Kanching
Hutan Kanching, a forest reserve, located 21 km north of Kuala Lumpur offers refreshing waterfalls and lush jungle greenery that abounds with butterflies and plant life. A good place to introduce children to nature. Camp out if you like. Facilities available are bathrooms, toilets, canteens as well as wading pools for children.

Port Klang
8 km from the town, it is the largest port in the country, and a popular place for seafood lovers. Also a departure point for cruises and trips by boat to the neighbouring islands.

Kuala Selangor
Located 45 km north of Klang, at the mouth of the Selangor River, is the town of Kuala Selangor. It makes an interesting day outing as it combines nature, a bird sanctuary, history, legends and even a small island.

At Kampung Kuantan, a few kilometres outside Kuala Selangor is one of nature's spectacles - a fireflies display which takes place at dusk.

Hundreds of fireflies flicker away on the trees growing at the estuarine mangrove along Selangor River.

Overlooking the town is **Bukit Melawati**. Atop the peak is the 200-year-old Dutch fort, Fort Altingsburg or rather the remains of it. Splendid panoramic views can be enjoyed from here.

At the foot of the hill is the nature reserve of **Taman Alam**, covering 240 hectares. It has well-marked jungle trails for trekking. The mangrove swamp in the vicinity is frequented by migratory birds. Some 130 species have been identified by the Malaysia Nature Society, amongst them the rare spoon-billed Sandpiper and Nordmann's Greenshank.

Orang Asli handicrafts

Muzium Orang Asli

The Orang Asli are the aboriginal people of Peninsular Malaysia with an estimated population of over 60,000. They still lead a simple yet fascinating lifestyle. Their ancient customs and traditions are informatively displayed in this museum located in Gombak just north of Kuala Lumpur.

Mimaland

Mimaland, a recreational resort, sprawls on 12 hectares of Gombak's hilly grounds, lakes and mountain streams, 18 km north- east of Kuala Lumpur. Swim, fish, go jungle trekking or boating. Accommodation is available.

Open: 8.00am - 12pm daily
Admission: RM2 (Adult), RM1 (Children)

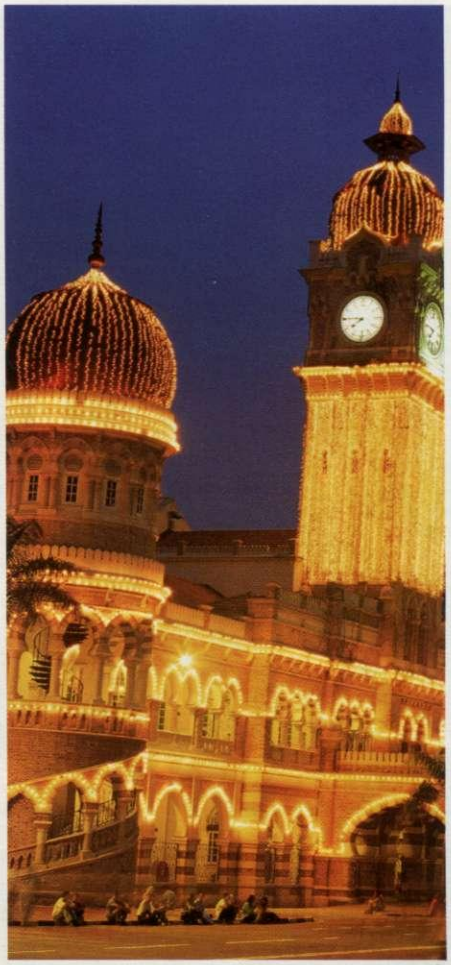
Nature Park, Selangor

Kuala Lumpur

Kuala Lumpur is situated on the west coast of Peninsular Malaysia about midway between north and south and it is approximately 35 km from the coast.

In 1857, a group of tin-miners led by a Malay chief, Raja Abdullah, landed at the confluence of the Klang and Gombak rivers in search of tin; an event that marked the beginning of a city whose early development was closely tied up with a flourishing tin-trade. It began as a small trading post and meeting place for miners from the newly discovered tin-mines upriver. Soon after, a small town of attap huts grew around the trading post and as the tin trade prospered, the town developed.

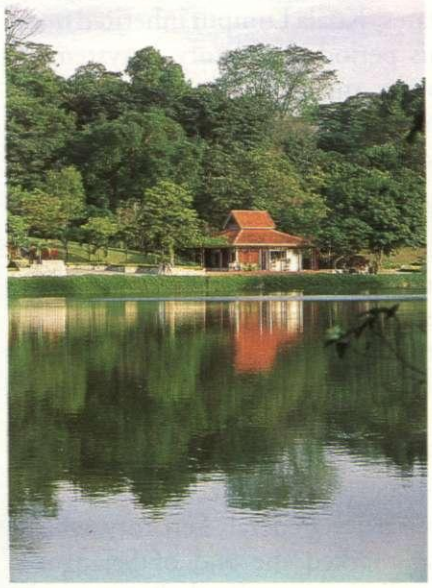
Then came British intervention and the formation of the Federated Malay States in 1896. Kuala Lumpur became its capital. As the seat of British administration in the Malay States, Kuala Lumpur inherited from this period, its history, a system of roads and the fine examples of gracious colonial architecture which are still evident today.



Kuala Lumpur's signature landmark all aglow

When the Federation of Malaya gained its independence in 1957, Kuala Lumpur was declared the Federal capital. In 1972, it achieved city status. At the same time, it also remained as the capital of the state of Selangor, a status it attained in 1887. However, on the 1st of February 1974, it was officially declared a Federal Territory which also marked the end of Selangor's jurisdiction over Kuala Lumpur.

Kuala Lumpur skyline



Kuala Lumpur Lake Garden

Clean and beautiful, with treelined streets, parks and public flower gardens, Kuala Lumpur transforms into a veritable wonderland of lights at night, earning its name 'Garden City of Lights'.

Kuala Lumpur's strategic location in the region has made it an important international centre for trade, business and commercial activities.

The city is served by a comprehensive and modern transportation system. More than 30 foreign airlines fly in from various parts of the globe through the Sultan Abdul Aziz Shah Airport. To accomodate the anticipated air passenger traffic increase in the next few years, a second airport, the KL International Airport at Sepang is being built and scheduled to be opened for operation in early 1998.

Railway lines and roads radiate from the city providing swift access to other parts of the country. Within the city, buses, mini-buses and taxis ply regularly. A commuter train service has been introduced to connect the city to neighbouring towns. The city's public transportation will be further augmented by the Light Rail Transit (LRT) to be operational by end 1996.

Kuala Lumpur is also served by the country's largest seaport, Port Klang.

Malaysia Tourist Information Complex (MATIC)

Places of Interest

Malaysia Tourist Information Complex (MATIC)

A one-stop information centre, it gives an overview of what Malaysia has to offer. Audio-visual equipment provides background information on each state in the country. You can book a tour, arrange to go on a trishaw ride in the city, change your money, and book air, train, or bus tickets to various destinations in Malaysia. International calls, facsimile and telex services are also available.

For your first taste of Malaysian food, there is a restaurant on the right wing of the building. Cultural performances are held daily. Admission Fee: RM2.00 (Adult) RM1.00 (Children)

Central Market

50 years ago it was a wet market. Today, it is a centre for the development of Malaysian culture, arts and crafts. Recipient of the 1987, 1988 and 1992 Tourism Malaysia Gold Award for 'The Most Outstanding Cultural Contribution to the Tourism Industry'. The building also won the Coronation Architecture Design Award in 1953. There are many activities such as batik painting, fortune telling, portrait drawing, glass blowing, dance classes, art classes etc, which visitors will find of interest here. Souvenirs of all kinds can also be purchased.

Central Market, a magnet for tourists and locals alike

Dataran Merdeka

Dataran Merdeka (formerly Selangor Club Padang) is the historic square where at 12.01am on 31 August 1957, the Union Jack was lowered and the Malayan flag hoisted. A 100 metre-high flagpole, one of the tallest in the world, marks this historic spot. Situated on one corner of the square is the **Selangor Club**, a Tudor-style building, built in 1910. Close by is **St Mary's Cathedral**, a Gothic-style building which is more than a hundred years old. A short walk away is the **Memorial Library**, a building dating back 1909. Beneath the Dataran Merdeka is the **Plaza Putra** an underground food, leisure and entertainment complex.

Sultan Abdul Samad Building

Facing Dataran Merdeka is Sultan Abdul Samad Building, a Moorish-inspired building with shiny copper domes and a 130-metre clock tower.

Designed by architects, Norman and Bidwell, it took more than two years to build and was completed in 1897. It was constructed to accommodate the various government administrative departments, among them the Federal Secretariat, Selangor State Secretariat, Public Works Department and the Sanitary Board.

Today, it houses the Judicial Department on one end and Infokraf, a centre for Malaysian handicrafts, on the other.

Kuala Lumpur Railway Station

National Mosque

Kuala Lumpur Railway Station
Located at Jalan Hishamuddin, the Moorish-style building was designed by architect A.B. Hubbock. Built in 1910, it underwent extensive renovations in 1986. It is equipped with air-conditioned waiting halls, snack kiosks, money changing booths, souvenir shops, restaurants and a tourist information counter.

Across the road is the **Malayan Railway Administration Building**, another fine example of Moorish architecture. It is linked to the station by an underground subway.

National Art Gallery
Located at Jalan Sultan Hishamuddin (opposite The Kuala Lumpur Railway Station), the National Art Gallery is housed in a 1932 building which is conserved under the National Heritage Trust. It was fomerly known as the Majestic Hotel. The art gallery showcases the works of artists who display a wide range of styles using a variety of mediums. A permanent collection of works of local and foreign origin are displayed.
Open: 10am-6pm (Daily)
Closed on Friday 12.45pm-2.45pm
Admission: Free

National Mosque
The National Mosque is located near the railway station, along Jalan Sultan Hishamuddin. It has the appearance of a partly opened umbrella roof. Visitors are required to remove their shoes. Special robes are provided if you are not appropriately attired.

Islamic Centre
Located at Jalan Perdana, facing the National Mosque, is the Islamic Centre (Pusat Islam), a modern building of cubist and Islamic architecture. It is the centre of Islamic learning, art, design and culture and houses local and international Islamic exhibits.

National Museum

National Museum
The National Museum is located atop a hill at Jalan Travers. Built in the style of a Malay palace, its impressive facade of two large murals, each depicting scenes of Malaysian history and crafts, reflects a colourful past of the country.

The museum houses various galleries, each with its own theme:

- The Historical Gallery traces the different periods in the history of Peninsular Malaysia.
- The Metalwork and Musical Instruments Gallery showcases various objects and utensils from kitchenware and ceremonial ornaments to weapons and traditional musical instruments.
- The Cultural Gallery is a collection of various aspects of the Malaysian culture, from common everyday pastimes to important ceremonial customs. Included in the exhibits are a Malay wedding scene, a royal circumcision ceremony and the heritage of the Straits-born Chinese
- National Sports Gallery
- Natural History Gallery
- Outdoor Exhibits

The National Museum holds thematic exhibitions regularly. Visiting hours are from 9am-6pm daily. Entrance fee: RM1.

The National Planetarium
It is located atop a hill in the Lake Gardens. This centre for Space Science Studies is in line with the nation's aspiration to create a scientifically and technologically-inclined society. It screens Space

National Planetarium

and Sky Movie. There is also an observatory equipped with a 14-inch telescope and accessories for observations and research on the universe.
Open: Wednesday - Sunday
Admission fees (excluding Space and Sky Movie fee): RM3 (Adult)
RM2 (Child below 12 years)

Kuala Lumpur Lake Gardens
The Kuala Lumpur Lake Gardens (Taman Tasik Perdana) dates to the 1880s and is the city's most popular park. Built around an artificial lake, it encompasses 91.6 hectares of undulating greenery interspersed with flowering shrubs and shady trees.There is a children's playground, jogging tracks, exercise stations and rowing boats. The Panggung Anniversary, set in a secluded valley, is the venue for regular musical and cultural performances. Among the notable places of interest are:

Orchid Garden

Orchid Garden — located on a 1 hectare site, showcases more than 3,000 varieties from around the world, with 800 species from Malaysia. Orchids are for sale on weekends (10am-6pm).

Hibiscus Garden — a 0.9 hectare terraced garden which provides a colourful vista of over 2,200 varieties of hibiscus.

Butterfly Park — it houses some 6,000 butterflies of over 120 species. The park is an imitation of the butterfly's natural habitat. More than 15,000 plants from 100 species have been used to recreate a Malaysian rainforest atmosphere. There is a nursery and breeding area for the butterflies.
Visiting hours : 9am - 5 pm (Weekdays)
Admission fees : RM4 (Adult), RM2 (Child)

Kuala Lumpur Bird Park —it is the largest bird park in South-East Asia. There are over 5,000 birds of 100 species. Open from 9am - 6pm daily except public holidays.

Deer Park — located in the undulating slopes and the sprawling valley of the Lake Gardens. Close to the bubbling stream at the edge of the valley are several mousedeer - the world's smallest hoofed animal and a popular figure in local folklore due to its legendary wit.
Open: 9am-5pm (Daily)
Admission fees: RM1

Within the Lake Gardens is the **National Monument**, one of the world's largest freestanding giant bronze sculptures. Beside the National Monument are the **ASEAN Gardens**, and the **Memorial Tun Razak** which houses

National Monument

memorabilia of Malaysia's second Prime Minister, the late Tun Abdul Razak Hussein.

Forest Research Institute of Malaysia (FRIM)
Once a mining land but today a forest science park covering 600 hectares of experimental plants arboreta and reforested areas which have reverted to the semblance of natural forest conditions. Located in Kepong, 16 km north-west of Kuala Lumpur, there are jungle trails, waterfalls, a herbarium, a library and a museum. Since it is not a public park, all visitors should forward advanced written application to:

Public Relations Officer
Forest Research Institute of Malaysia (FRIM)
Locked Bag 210
Jalan FRI Kepong
52109 Kepong
Kuala Lumpur
Tel: 03-6342633
Fax: 03-6367753

National Zoo and Aquarium, located 13 km north-east of Kuala Lumpur is the National Zoo. It contains 200 species of animals, birds and reptiles. The aquarium has 80 species of marine and fresh-water life. Both the Zoo and Aquarium are opened daily from 9am to 6pm.
Admission: RM5 (Adult), RM2 (Child)

Parliament House
Standing on elevated ground, commanding a panoramic view of the Lake Gardens is the Parliament House. Its foundation stone was laid in 1962. The 3-storey main building and adjoining 18-storey tower block accommodates the two houses of Parliament, a banquet hall, library, various offices and committee rooms. Visitors may view Parliamentary sessions by prior arrangement with the authorities who will advise on protocol and dress code.

Carcosa Seri Negara
Perched on a hilltop overlooking the Lake Gardens is Carcosa Seri Negara. The Carcosa Seri Negara was the residence of the British Governor and British High Commissioners. Today, it has been converted into an exclusive hotel.

Sri Mahamariaman Temple

Masjid Jamek
Located in Jalan Tun Perak, this Moorish mosque rests on the confluence of the Klang and Gombak Rivers, the birth-place of Kuala Lumpur. This is the very spot where the first settlers of Kuala Lumpur, who came in search of tin built their shacks.

The mosque is the oldest in the city. It was built in 1908. It was designed by Arthur Benison Hubbock, an architectural assistant in the Public Works and Survey Department, who was intrigued and inspired by the Mogul architecture of India.

Sri Mahamariaman Temple
Built in 1873, this is one of the most ornate and elaborate Hindu temples in the country. The detailed decorative scheme for the temple incorporates intricate carvings, gold embellishments, hand-painted motifs and exquisite tiles from Italy and Spain. It also houses a giant chariot that is used to transport a deity annually during the Hindu festival of Thaipusam. Located along Jalan Bandar, Kuala Lumpur.

Dayabumi Complex
This massive white modern complex was designed to blend in with the pervading Moorish-Byzantine atmosphere of the earlier establishments providing an excellent example of the marriage between modern technology and ancient cultures. It houses a shopping arcade, City Point, offices and the General Post Office.

Parliament House

Maybank Numismatic Museum
Located on the ground floor of the Menara Maybank Building at Jalan Tun Perak, the Numismatic Museum traces the country's numismatic heritage to the current monetary system. Opens daily except public holidays.

MISC Museum
The MISC Museum, set up by the Malaysian International Shipping Corporation is the first of its kind in Malaysia. Located at the ground floor of Wisma MISC in Jalan Conlay, the Museum gives an insight into MISC's development as the National Shipping Line of Malaysia since its incorporation in 1968 until today.

Opened in 1992, it covers a floor space of 1,300 sq. m. The area is divided into 12 sections,

each dealing with a particular range of related subjects.
Admission Fees: Free
Opens: Mon-Fri (9am-4.15pm), Sat: (9am-12.15pm) except public holiday

Istana Negara
The official residence of the Yang Di-Pertuan Agong (The King), located on a hillock at Jalan Istana. The palace is surrounded by green lawns, ponds and trees. On ceremonial occasions, the palace and its grounds are gaily lit-up.

Istana Negara

National Library
Located at Jalan Tun Razak on 5.8 acres of land. The blue-roofed building inspired by a *tengkolok,* the Malay headgear and *songket,* a richly-designed brocade fabric. The library was opened in 1992. Seven levels, spaciously hey offer well-equipped facilities with a range of services, including a collection of publications on Malaysia by Malaysian authors. Reference materials, multimedia collection, ancient Malay manuscripts and reprographic services available.
Opens: 10am-5pm (Tue-Sun), Closed on Monday.

Pak Ali's House
Located at 10 km Jalan Gombak. Unique blend of Sumatran and Perak architecture. Built in 1917 by Haji Abbas bin Haji Abu Bakar, a headman of the Gombak village. The house is divided into five main sections according to the traditional lifestyle of village folks. It is open daily to visitors from 9am-5pm.

Pak Ali's House

Natural Rubber Museum
Located at the Rubber Research Institute's Experimental Station in Sungai Buloh, the Rubber Research Museum traces the history and development of the rubber industry in Malaysia. Visitors may get to see how a real rubber estate looks like and view workersat work in an area specially reserved for this purpose.

Istana Seri Menanti

Negeri Sembilan

Negeri Sembilan translated literally means "Nine States". The State is so named because it comprises a federation of nine states. It is located on the south-west corner of Peninsular Malaysia. The state encompasses an area of 6,645 sq km including a 48-km gentle coastline.

Negeri Sembilan is noted for its Minangkabau-styled architecture, reflecting the influence of the State's first inhabitants from Sumatra.

Negeri Sembilan State Museum

Seremban, the capital of Negeri Sembilan, is 64 km south of Kuala Lumpur. It is linked by the North-South Expressway and takes slightly more than half an hour from Kuala Lumpur by car.

Places of Interest

Seremban Lake Gardens

Every town in Malaysia has a green lung and this is Seremban's offering to its people. Two lakes amidst landscaped greenery add a refreshing respite from the heat. Cultural shows are held on a floating stage on one of the lakes. Overlooking the Lake Gardens is the State Mosque with its nine pillars symbolising the nine districts of the State.

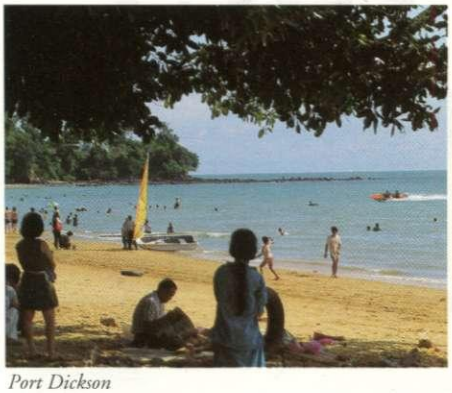
Seremban Lake Garden

Cultural Handicraft Complex (Kompleks Taman Seni Budaya)

The Cultural Handicraft Complex is located at Labu Spur. Various handicrafts and historic items of the state are displayed here.

Negeri Sembilan State Museum (Istana Ampang Tinggi)

The state museum is situated within the Cultural Handicraft Complex. Built entirely of wood, old historical artifacts of the state are kept here. This was formerly the old palace at Kampong Ampang Tinggi and it has been assembled within this complex. Situated next to the museum is the "Rumah Minang"—the actual Minangkabau house.



Port Dickson

Seri Menanti Royal Museum

The Royal Museum was once the residence of the first Yang Di-Pertuan Besar of Negeri Sembilan. Work on the museum started in 1908 and it served as a replacement to the old palace that was burnt down by the British during the Sungai Ujung war.

Port Dickson

Port Dickson is situated about 32 km west of Seremban. It is one of the best known seaside resorts In Malaysia, Port Dickson's proximity to Kuala Lumpur makes it the favourite seaside resort of the city folk. Popular sea sports are windsurfing and waterskiing. The resort is well-served by hotels, rest houses and condominiums.

Seven kilometres from Port Dickson, at Kota Lukut, stands the Fort of Raja Jumaat, the 19th century Bugis warrior. The fort was built in 1847 to control the lucrative tin trade in the area. In the vicinity of the fort are the remains of an old place and a royal burial ground.

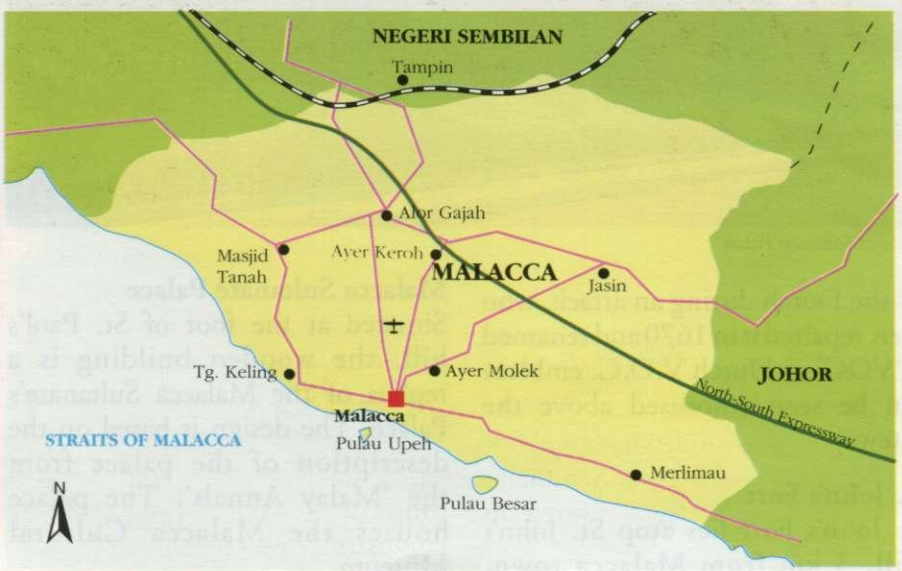
Pedas Hot Springs

The Hot Springs is situated 30km south of Seremban. It has bathing enclosures, recreational facilities and an eatery.

Malacca

Malacca is located on the south-west coast of Peninsular Malaysia. It covers an area of 658 sq km. The state was founded by an exiled Hindu prince, Parameswara, in 1400. It thrived as a port-of-call to many a ship and merchants from China, India, Middle East and South America. Steeped in history, it was colonised by the Portuguese in 1511 (for 130 years), the Dutch in 1641 (for 154 years), and the British in 1824 (until Independence in 1957).

A Famosa



Decorative tiled-steps adorn many a traditional Malacca house

Malacca also experienced Japanese occupation from 1942 to 1945. After World War 11, anti-colonial sentiments bred in the country among the nationalists, the result of which was the proclamation of Independence by Tunku Abdul Rahman Putra Al-Haj, Malaysia's first Prime Minister, at Padang Pahlawan Bandar Hilir, Malacca on 20th February 1956.

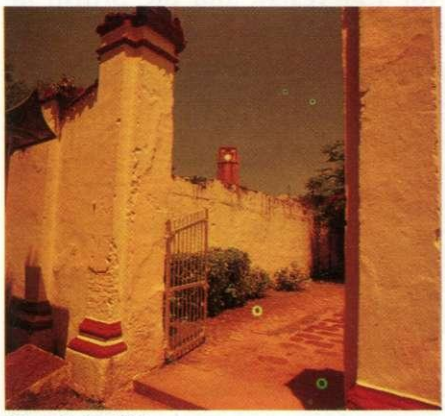
Malacca's population is a fascinating polyglot of Malays, Chinese, Indians, Straits-born Chinese, Portuguese descendants and Eurasians.

Malacca, the capital city, features an interesting blend of architecture—legacies of its former rulers. Most of Malacca's sights are located conveniently within each other. Walking is the best way to do sightseeing or hire a trishaw for about RM25 for a half day tour. Bargain before you get into one.

Places of Interest

Hang Li Po's Well

Built in 1459 by the followers of Hang Li Po, the Chinese princess who married the Sultan of Malacca, the well never dried up during days of old and was the only source of water supply during great droughts. The Dutch enclosed it with stout walls in 1677 to maintain its ultimate right to the well. It has been turned into a wishing well and it is said that those who throw coins into it will return to Malacca time and again.



Hang Li Po's Well

Stadthuys

The Stadthuys is the salmon-coloured building of Dutch architecture. Believed to be the oldest Dutch building in the East (circa 1641 and 1660). The Stadthuys now houses the Malacca Museum.

Porta de Santiago (A Famosa)

The Porta de Santiago is part of a fortress (A Famosa) built by the Portuguese in 1511. It was damaged by the Dutch during an attack, who then repaired it in 1670 and renamed it 'VOC'. A Dutch V.O.C. emblem can be seen embossed above the gateway.

St. John's Fort

St. John's Fort lies atop St. John's Hill, 3 km from Malacca town. The fort was constructed by the Dutch, during the third quarter of the 18th century but was once a private Portuguese chapel dedicated to St. John.

It is interesting to note that the gun embrasures of the fort face inland and not towards the sea. This was to counter attacks the enemy from the hinterland and not from the sea.

St. Paul's Church

Built by a Portuguese Captain by the name of Duarte Coelho, the chapel was turned by the Dutch into a burial ground for their nobel dead and renamed it 'St. Paul's Church.

Malacca Sultanate Palace

Malacca Sultanate Palace

Situated at the foot of St. Paul's hill, the wooden building is a replica of the Malacca Sultanate's Palace. The design is based on the description of the palace from the 'Malay Annals'. The palace houses the Malacca Cultural Museum.

St Francis Xavier's Church
Of Gothic architecture, the Church was built in 1849 by a French priest, Rev. Farve in dedication to St. Francis Xavier. St Francis Xavier was known as the "Apostle of the East", who spread Catholicism in South-East Asia during the sixteenth century.

Christ Church
Of Dutch architecture, this salmon-coloured Church was built in 1753. The pews are original, dating back 200 years and are handmade.

Old tombstones laid on the Church floor are inscribed with Armenian script. There is also a collection of antique silver vessels bearing the Dutch coat-of-arms.

Air Keroh
Fifteen kilometres east of Malacca is Air Keroh, a vast tract of forest reserve with numerous attractions. There are resort accommodation within the reserve. Attractions include:

Recreational Forest
A serene setting of tropical forest, it has been left untouched to enable visitors to experience nature at its best. Trees are labelled. Routes are marked.

The Malacca Zoo
The open-concept zoo sprawls over 22 hectares and has been rated as one of the best in Malaysia. It is home to 44 species of wild animals, including the almost extinct Sumatran Rhinoceros.

Tranquerah Mosque
Architecturally, this mosque is very unique. Instead of minarets, a pagoda has been built in its place. The mosque itself is somewhat pyramid shaped instead of dome shape as in Moorish type mosque.

A traditional house at Mini Malaysia

Reptile Park
Opposite the zoo is the Reptile Park, which is home to about 1,000 snakes from over 32 Malaysian species.

Mini Malaysia
The traditional houses at Mini Malaysia represent the architectural styles of the 13 states of Malaysia. They house various works of arts and crafts inherent of each state. Attractions include weekly cultural shows and traditional games.

Mini ASEAN
A unique theme park conceived as a summary of the prominent cultural elements of the countries that make up the Association of South-East Asian Nations (ASEAN).

Butterfly Farm
One of the world's most comprehensive butterfly and insect farms with well over 200 local species including rare ones, namely the Raja Brooke and Birdwing. There is also a collection of more than 400 insect specimens.

Crocodile Farm
One of the largest in the country, there are more than 100 species of crocodiles here in this natural environment.

Tranquerah Mosque

The Sound and Light Show brings to life Malacca's 600 years of history

Malacca Fish World
The complex is an interesting place to take a glimpse at the underwater world in its natural setting.

Portuguese Settlement
Located 3 km from Malacca town this Portuguese settlement dates to 1930. Inhabitants are Eurasians of Portuguese descent.

Baba Nyonya Heritage Museum
The Baba Nyonya Heritage Museum at No. 48 and 50, Jalan Tun Tan Cheng Lock is the ancestral home of three generations of a Straits-born Chinese Baba family. The building is now converted into a museum to preserve a unique legacy of the Babas.

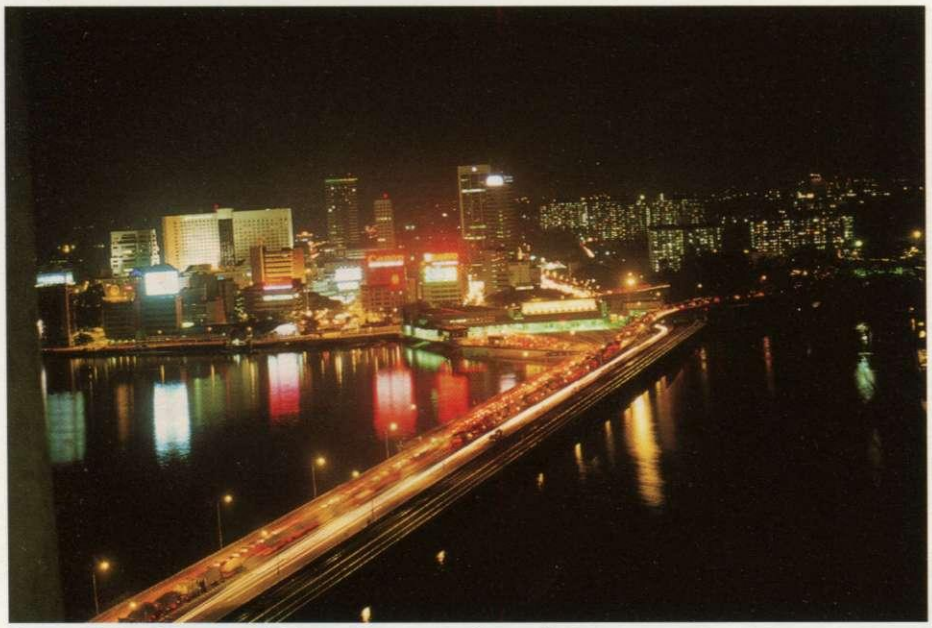
The Babas combine Chinese and Malay culture, a throwback to early Chinese settlers marrying local Malay women. Over the years, a distinct culture called the Baba Nyonya or Peranakan culture emerged. Guided tours are between 10am-12.30pm and 2pm-4pm.

Sound and Light Show
Step back in Malacca's past! An hour-long Sound and Light Show is presented at Padang Pahlawan, Bandar Hilir, at 8.30pm (Bahasa Melayu); 10.30pm (English). Admission: RM5 for adults and RM3 for children.

Boat Rides
Boat rides are available from the jetty for a trip on Malacca River. Fee is RM5.00 per trip for 45 minutes Time of Departure: 10.00am, 12.00 noon, 2.00pm, 4.30pm

Beaches and Islands
Tanjong Kling : 15 km north of Malacca town.
Tanjung Bidara : 35 km north of Malacca town.
Pulau Besar : 4 km from Malacca. To get to the island, take a bus or a taxi to Umbai Jetty. Boats leave hourly to the island. Accommodation is available on the island.

A Baba Nyonya Family



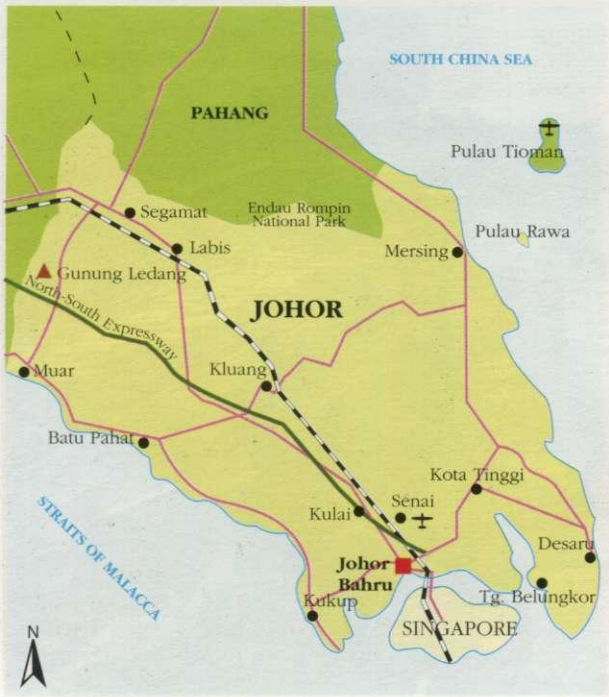
Causeway linking Singapore with Johor enables easy access for travellers

Johor

Johor, the 'Southern Gateway', is the third largest state in Peninsular Malaysia covering 18,941 sq km. With an economy based on a mix. of agriculture, manufacturing, commerce and tourism, it is easily one of the most developed states in the country. It is also a major producer of oil palm, rubber and pineapple. A visitor travelling through the state will be greeted by vast tracts of these resources.

Sultan Abu Bakar Mosque

Johor Bahru, the state capital, is linked to Singapore by a causeway carrying both road and rail traffic.



Royal Abu Bakar Museum

Places of Interest

Bangunan Sultan Ibrahim

Bangunan Sultan Ibrahim (State Secretariat Building) is located on a hill called Bukit Timbalan. Built in 1940, it houses the state secretariat as well as other offices of the state government.

Istana Bukit Serene

This palace was completed in 1933 and is the current residence of the Sultan of Johor. The building is surrounded by beautiful gardens and its spectacular 32-metres tower is a city landmark.

Sultan Abu Bakar Mosque

Perched atop a hill overlooking the Straits of Johor not far from the Grand Palace, the Sultan Abu Bakar mosque is regarded as one of the most beautiful mosque in Malaysia. It was completed in 1900 after taking 8 years to build and can accommodate 2,000 worshippers.

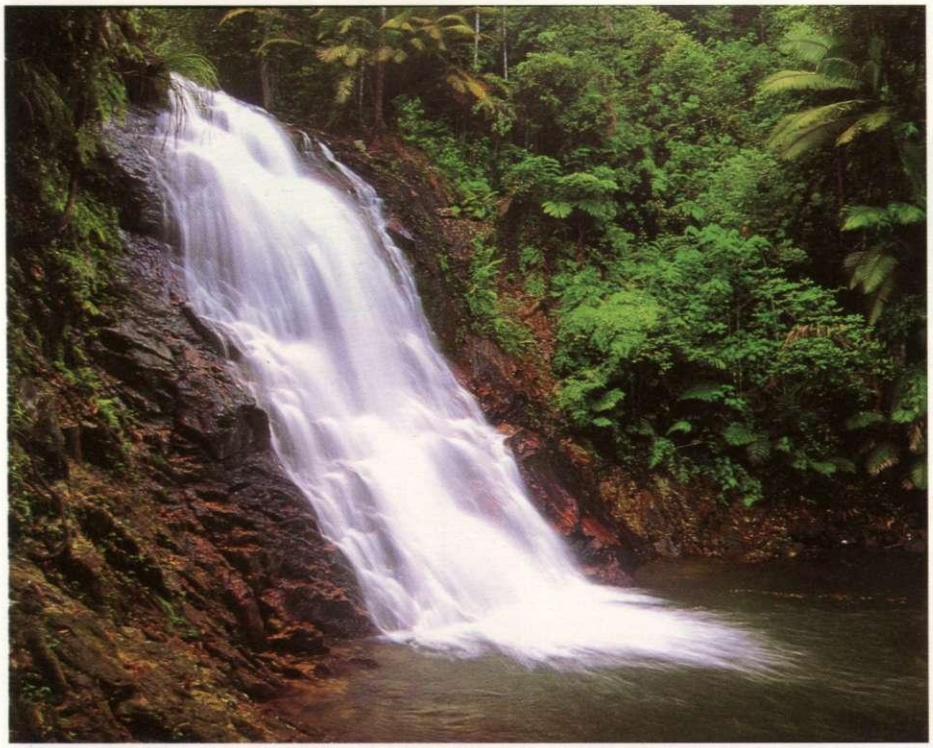
Royal Abu Bakar Museum

Johor is said to be one of the finest museum in terms of its ambience and its dazzling presentation of priceless treasures.

Bangunan Sultan Ibrahim

Johor Bahru – the southernmost city in Peninsular Malaysia

Johor Lama
History buffs will find this little village interesting. Situated 30km from Johor Bahru, Johor Lama was the royal seat of the Johor Kingdom until 1587. However, a three-year quarrel between the Johor Kingdom and the Portuguese culminated in a Portuguese raid on Johor Lama. With three galleons, a number of smaller ships and 500 men, the Portuguese attacked the Johor Fort in 1587. The city never recovered after that.


Kota Tinggi Waterfalls

Kota Tinggi Waterfalls
Located 56 km north-east of Johor Bahru, the waterfalls are at the foot of the 620-metres Gunung Muntahak. The highest waterfall drops to 32 metres below. There are chalets for overnight accommodation as well as a camping site.

Muar
Muar is a favourite 'half-way' stop for travellers between Kuala Lumpur and Johor Bahru. Offers a small golf-course near the seafront, stunning sunsets and great seafood, particularly fresh oysters scrambled with eggs and chives. Muar is also famous for its '*Ghazal*' music, and '*Kuda Kepang*' dance.

If you are looking for adventure, visit the 1,276-metre **Gunung Ledang**. Energetic ones will find climbing to the peak an experience while the lower ground is a favourite area of picnickers. There is also a waterfall.

A new resort at the foothills of Gunung Ledang has been opened offering comfortable chalet-type accomodation and jungle huts.

Aw Pottery
This stopover can drive you potty with its creations! Over 2,000 individual pieces of pottery are produced through each firing!

It is Malaysia's only commercial pottery studio, located 91 km south of Johor Bahru.

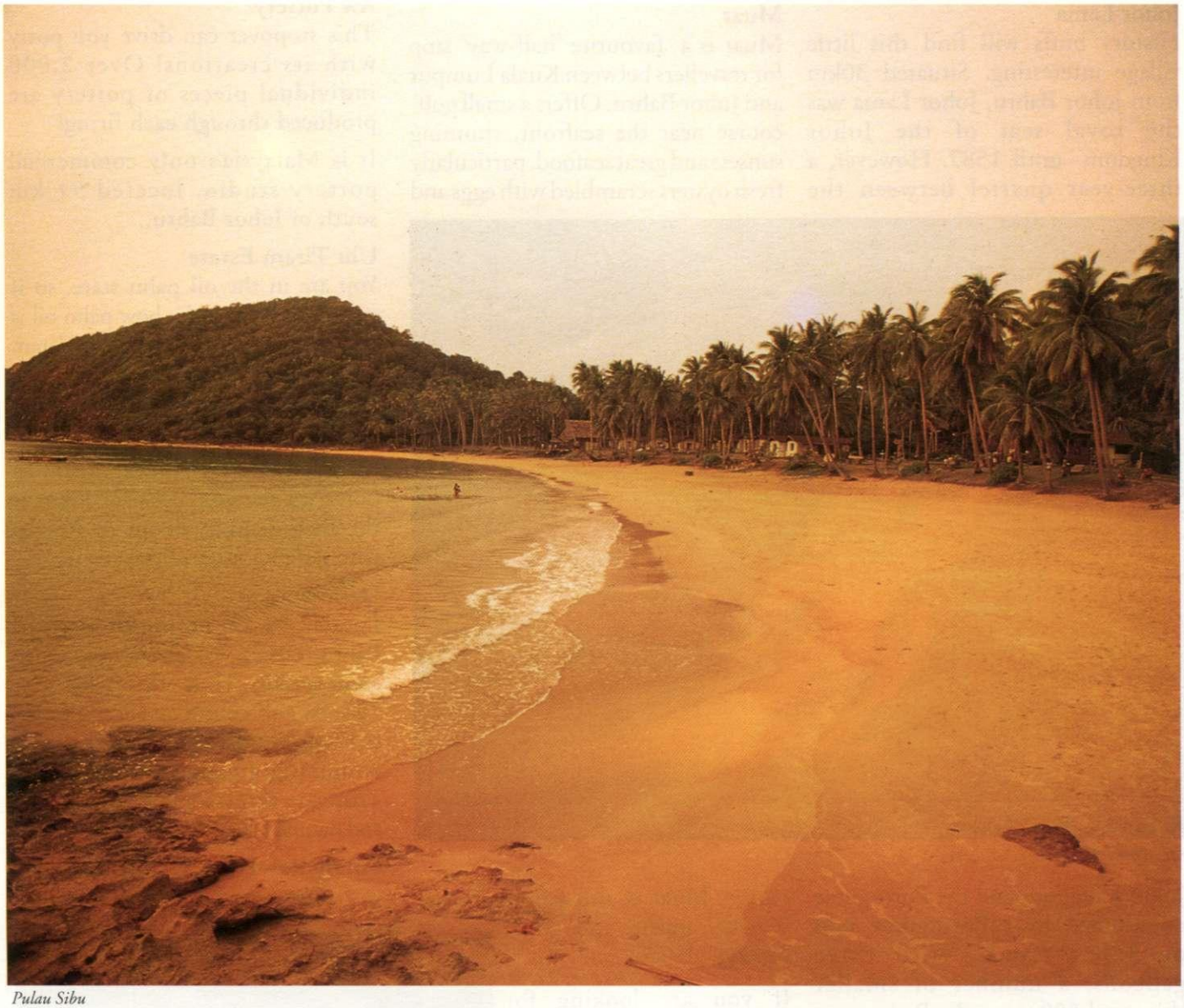
Ulu Tiram Estate
You are in the oil palm state, so if your interest includes how palm oil is processed, pay a visit to the Ulu Tiram Estate, 26 km from Johor Bahru.

Kukup
An important place for seafood lovers. Located at the southern point on the west coast of Johor is the little fishing village of Kukup where delicious seafood awaits.

Desaru
Located 98 km north-east of Johor Bahru, Desaru has several impressive resort facilities. There are two hotels, an 18-hole golf course and facilities for fishing, windsurfing, snorkelling, swimming, boating and canoeing. There are also cascading falls, jungles and natural lakes.

Pulau Rawa is a beautiful island with white sand, coves, and superb

Desaru Golf & Country Club



Pulau Sibu

clear waters for water activities. It is located 16 km off the coast of Mersing. Go island hopping by hired boats, as there are several little islands around. Accommodation is available on the island and equipment for recreational water activities can be hired.

Pulau Sibu Besar is another little idyllic island. Basic accommodation is available on the island.

Pulau Kukus, Pulau Lima, Pulau Sibu Tengah are some of the lesser-known islands which await your discovery. Please contact the Tourist Centre in Mersing for further information.

Johor, with its proximity to Singapore, has always been a favourite choice of visitors from Singapore. Now, there's a ferrylink service which makes it even closer and faster to get to.

Ferrylink leaves Changi Point in Singapore to arrive at Tanjung Belungkor. The ferry has two passenger decks which can accommodate up to 450 passengers and has capacity for 80 vehicles. Light refreshments are available on board. There are karaoke lounges, a sun lounge and a putting green. The ferry service costs RM27 for a return-trip.

Tea plantation at Cameron Highlands

Pahang

Pahang, the largest state in Peninsular Malaysia offers a wide range of holiday experiences. With a 35,964 sq km. area of contrasting landscapes: majestic peaks, cool hill resorts, national parks, lakes, islands and beaches, its emphasis is outdoor.

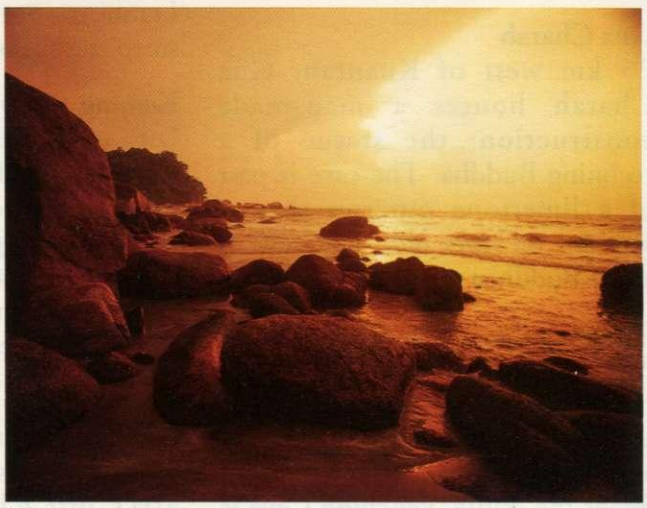
Places of Interest

Telok Chempedak

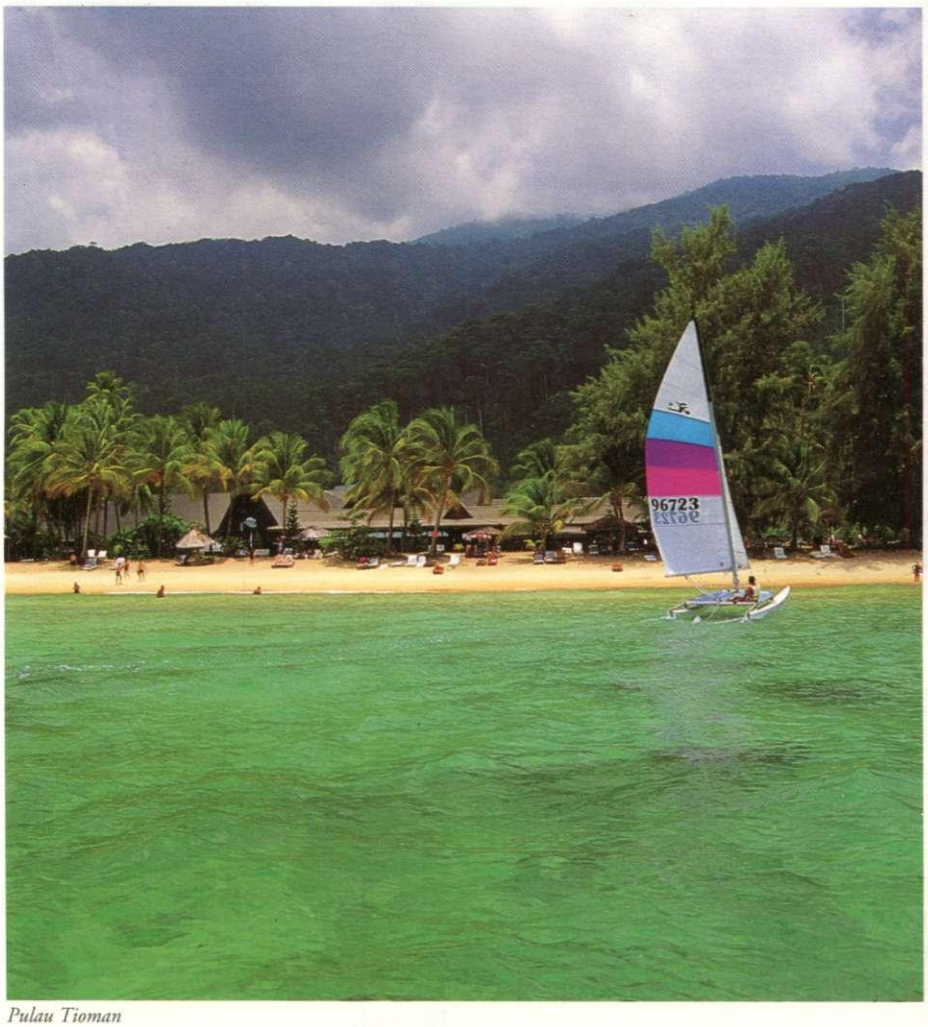
Just 5 km north of Kuantan the capital of Pahang, is Telok Chempedak, a popular beach resort, with good recreational facilities. There is a handicraft centre as well as restaurants along the seafront.

Beserah

A fishing village located 7 km north of Kuantan, Beserah is famous for



Telok Cempedak



Pulau Tioman

shellcraft items, batik and crafts made from coconuts.

Gua Charah
25 km west of Kuantan, Gua Charah houses a man-made construction: the statue of a reclining Buddha. The cave is part of a limestone outcrop that is millions of years old. The cave is also a Buddhist sanctuary.

Panching Cave
Another cave with a 9-metre reclining statue of Buddha. At 11.59am, sunlight streaks from an aperture in the cave's roof and floods the statue. Panching Cave is situated on the same road that leads to Gua Charah and Sungai Lembing. Some climbing up the steep steps is necessary.

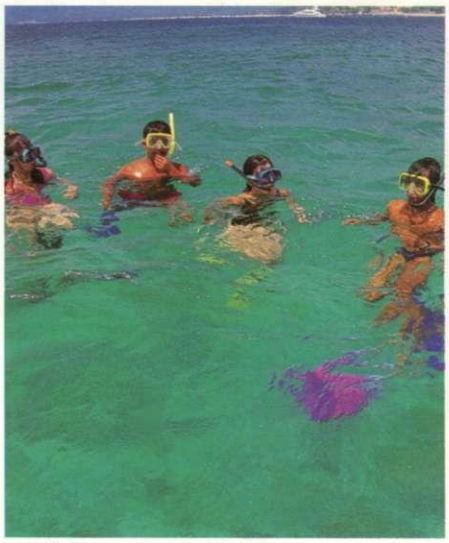
Kenong Rimba Park
Located in the valley of the Sungai Kenong, the Kenong Rimba Park offers cave explorations, rock climbing, jungle trekking, fishing and animal trails to follow. This is also the home of a particular aboriginal race called the Batak.

Cherating
Located 47 km north of Kuantan, Cherating is famous because Asia's first Club Med is situated here. There are also budget accommodation in Kampung Cherating Lama. Cherating offers some of the finest beaches in the east coast particularly ideal for windsurfing.

Pulau Tioman
Immortalised as the mythical island of Bali Hai in the Hollywood musical, *'South Pacific'* Pulau Tioman is simply superb!

Attractions here are scuba diving, catamaran-sailing, canoeing and fishing. An International Windsurfing Regatta is held every year.

Kenong Rimba Park


Snorkelling

An international class hotel, budget chalets and kampung-style accommodation are available on the island. The island is served with direct flights from Kuala Lumpur as well as from Singapore.

By sea: Go to Mersing and take either a hydrofoil which takes an hour, or a boat which takes 3 hours.

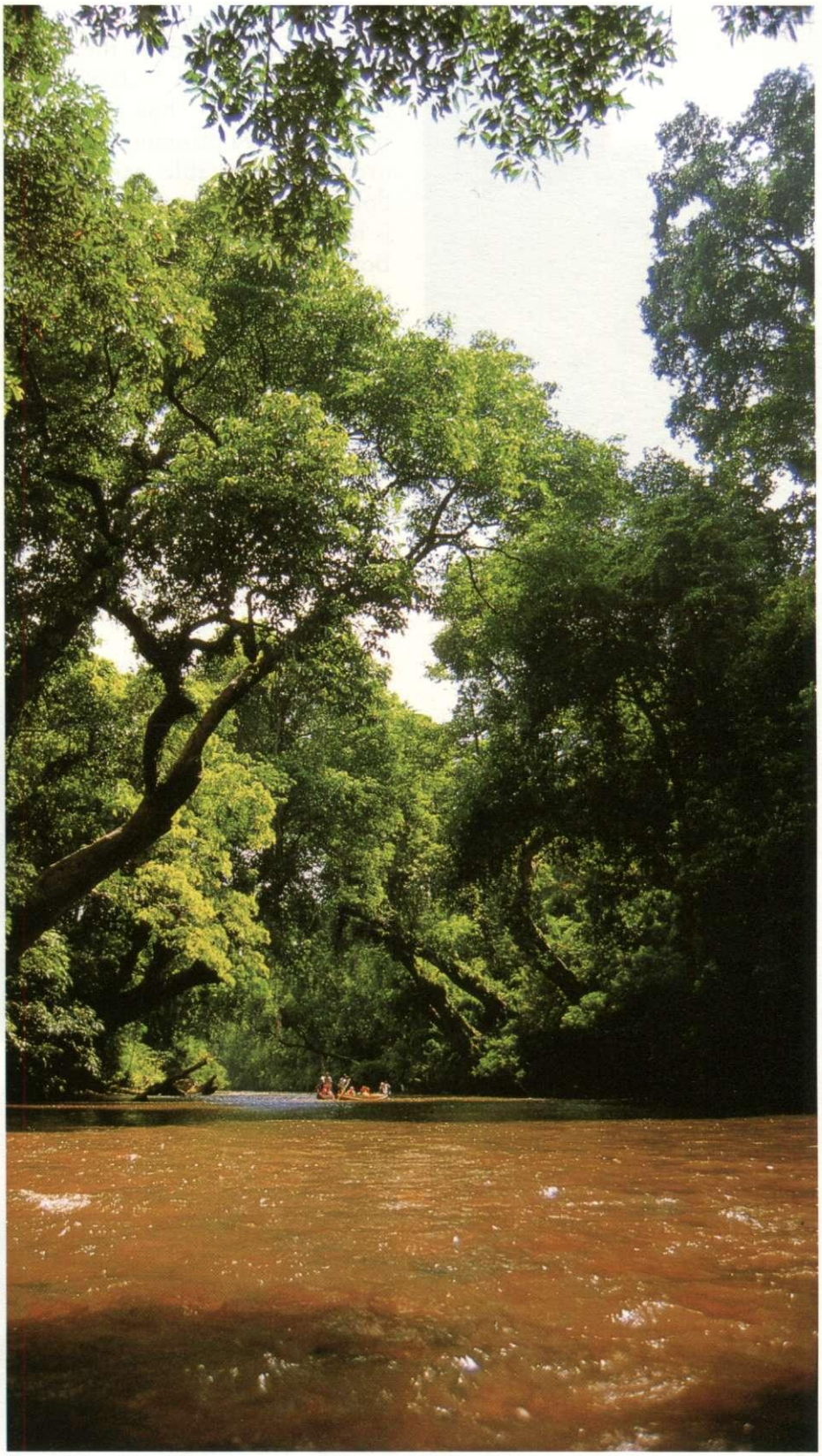
Genting Highlands

Genting Highlands is less than an hour's drive from Kuala Lumpur. Located at approximately 2,000 metres above sea level, it offers a

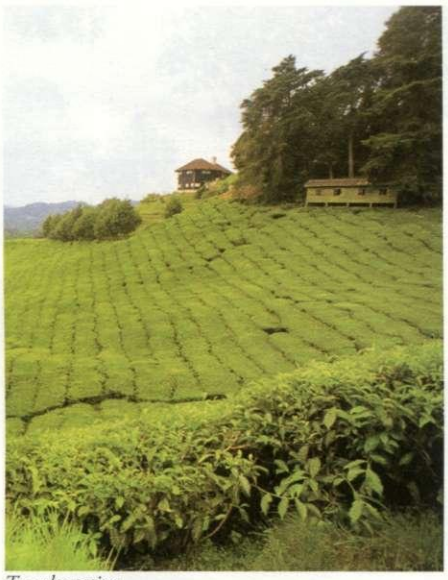
Genting Highlands

cool respite from the heat of the lowlands. There are many attractions in Genting Highlands, among them is Genting Theme Park.No entrance fee is charged. Visitors only have to pay for the rides and games. The Genting Theme Park is opened from 9am-1am from Monday to Thursday and from 9am-2am on Fridays, Weekends and Eves of Public Holidays.

For those wishing to have a flutter at gaming tables, the Casino offers Roulette, Blackjack, Keno, Tai Sai and jackpot machines.



Sungai Tahan, Taman Negara

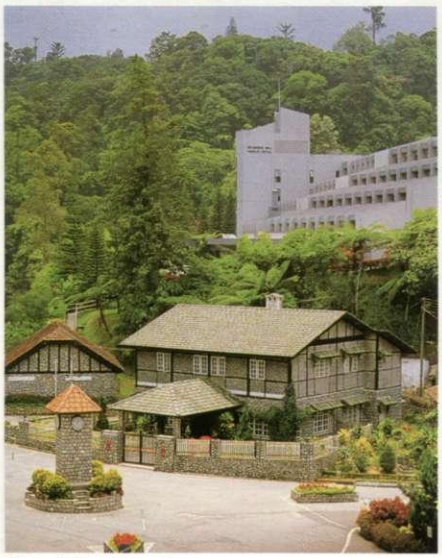


Tea plantation

Fraser's Hill

Fraser's Hill, 104 km from Kuala Lumpur offers cool tranquility, jungle trails, waterfalls and mountain streams. A popular spot with bird-watchers too.

Recreational activities include a 9-hole golf course, tennis courts and a sports complex with a heated swimming pool. There are flower nurseries, a mini zoo, vegetable gardens and restaurants offering Eastern and Western cuisine.



Fraser's Hill Town Square

Cameron Highlands

Cameron Highlands is the largest of the hill resorts in Malaysia, The cool climate has resulted not only in tea plantations but fruit orchards, vegetable gardens and flower nurseries. Cameron Highlands is regarded as the country's "Green Bowl" supplying its produce to major cities in Malaysia and Singapore.

Recreational facilities include an 18-hole golf course, tennis and badminton courts. Cameron Highlands is accessible via the north-bound road from Kuala Lumpur to Ipoh. Branch off at Tapah road to get to the highlands. The journey from Kuala Lumpur takes approximately 3 1/2 hours.

Taman Negara

Taman Negara, covering an area of 4343 sq km, is 130 million years old! A unique corner of earth virtually left untouched. The highest mountain in Peninsular Malaysia, Gunung Tahan (2,187 metres) is located here. It takes about 5 days to reach the summit of the mountain.

Bookings can be made through your travel agent or through the Department of Wildlife and National Parks in Kuala Lumpur.

Tasik Chini

100 km south of Kuantan is Tasik Chini.The 13 fresh-water lakes that make up Tasik Chini are steeped in mysteries and legends. Between August and September, pink and white lotus flowers cover the surface of the water.

Roses thrive in the cool highland climate

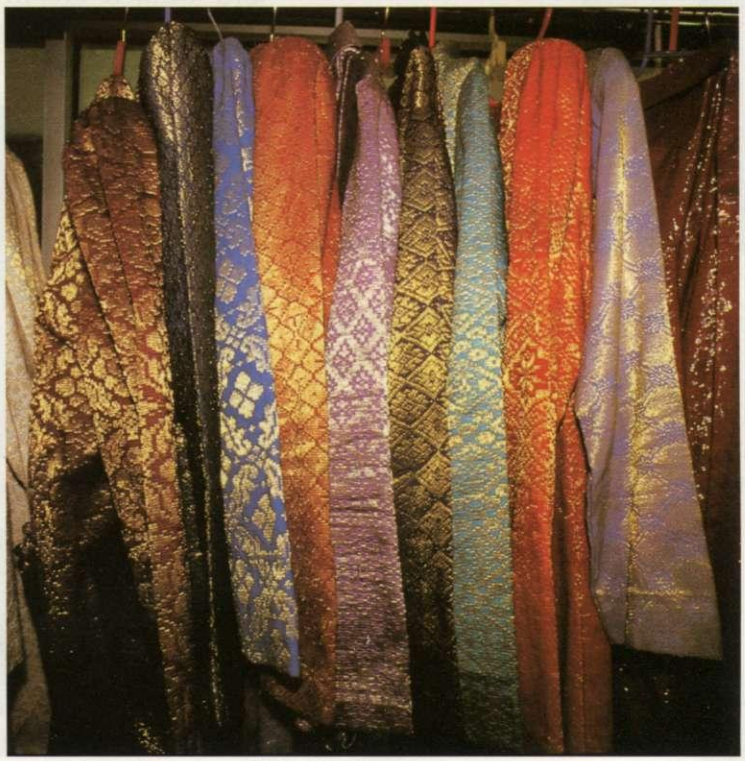
Tasik Chini

Terengganu coastline

Terengganu

Terengganu is one of the three east coast states on Peninsular Malaysia. It has a land area of 12,995 square kilometres and 225 kilometres of picturesque coastline. Offshore, there are many attractive islands. Clear waters and teeming marine life have made Terengganu a popular destination for deep sea divers. Terengganu is also known for its rich cultural heritage and tradition.

Kuala Terengganu, its capital, stands on the bank of the Terengganu River.



Songket–Malaysia's stunning 'Cloth of Gold'

Places of Interest

Central Market

The Central Market faces the Sungai Terengganu waterfront. Besides the usual goods one would find at a 'wet' market, there are Terengganu specialities such as fish crackers, seasonal fruits, local handicrafts and delicacies. Go in the morning with your camera and capture the vibrant trading activities on film!

Pantai Batu Buruk and the Cultural Centre

Pantai Batu Buruk is the popular stretch of beach where Pantai Primula Hotel is situated. The beach is the venue of the annual Beach Festival. Gelanggang Seni (Cultural Centre) is situated along this beach. Traditional games and pastimes are displayed on Fridays, between 5pm-6.30pm.

Batik painting

Istana Maziah

Terengganu State Museum

Located atop a hill at Bukit Losong, the Terengganu State Museum contains some interesting nineteenth century Chinese wares with Islamic ideology, prehistoric tools from the Stone Age and ancient manuscripts of Islamic calligraphy.

Istana Maziah

Situated near Bukit Puteri in Kuala Terengganu, the palace is the venue for royal birthdays and weddings, conferments of titles and receptions of dignitaries. The brightly-painted orange exterior and its architecture is a blend of the old and the new.

Rhusila

At Rhusila, about 10 km from Kuala Terengganu, local craftsmen and women are involved in the making of exquisite handi-crafts such as mats and baskets.

Suterasemai Centre

At Kuala Ibai, 6 km from Kuala Terengganu, is Malaysia's pioneer silk-weaving centre. Here, you are offered interesting insights into silk production, from the spinning into yarns, textile-weaving and finally batik printing. Beautiful batik, hand-painted or printed are available at the centre's showroom.

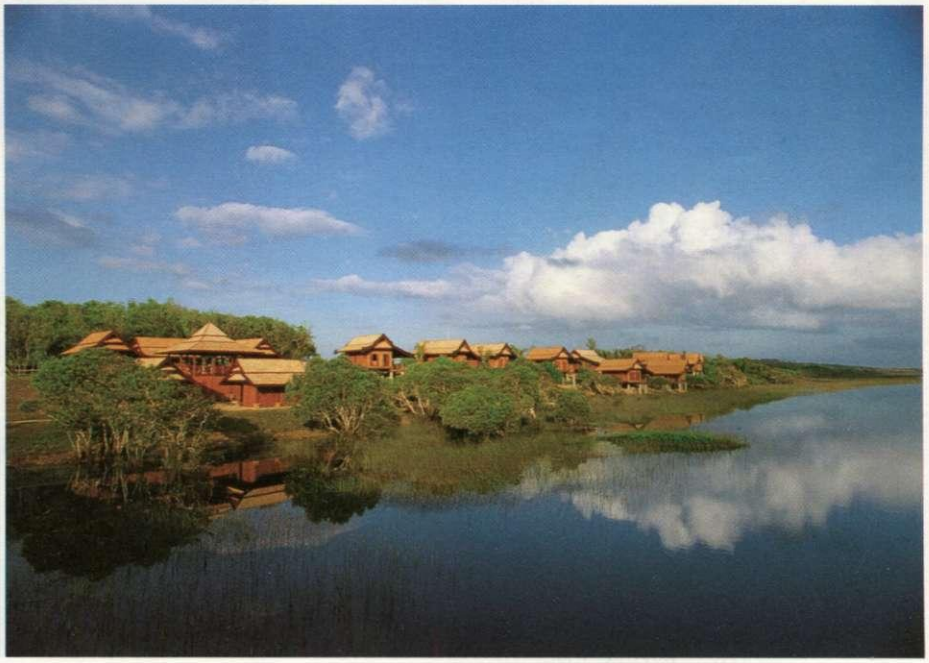
Bukit Keluang/Dendong Beach Park

This beach park is located 140 km north of Kuala Terengganu. It makes a quiet outing for a family picnic.

Turtle-watching at Rantau Abang

The warm, grainy sands of Rantau Abang is thought to be the ideal nesting grounds for the giant leatherback turtles *(Dermocheleys coriaca)*. Rantau Abang is one of the few areas in the world that the leatherback nests.

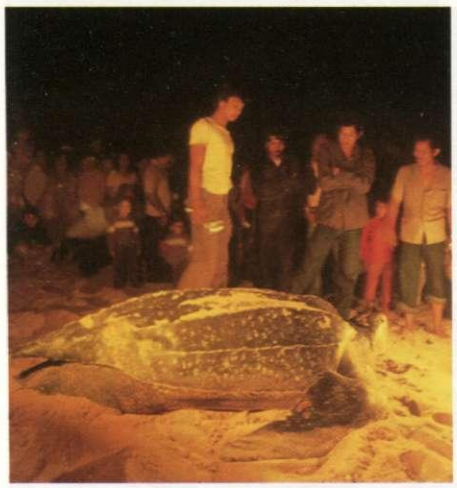
Pay a visit to the Rantau Abang Visitors' Centre. A documentary



Rantau Abang Visitors' Centre

on the turtle and its nesting habits is screened at regular intervals.

Turtle sanctuaries have been established in an effort to reverse the decline of leatherback turtles. Collection (except by licensed turtle egg collectors) or eating of turtle eggs are forbidden.



A giant leatherback turtle nesting

Tanjung Jara
Timeless beauty and a serenity you often dream of can be found in this enchanting beach resort, 60 km south of Kuala Terengganu. The Tanjung Jara Beach Resort's alluring attraction is its specially architectured and landscaped hotel, designed after an old Malay palace. Built entirely of wood, the resort has won the prestigeous Aga Khan award for outstanding architecture. And there's plenty to do too. Sea sports, turtle watching and an exciting organised river safari up the Dungun River for the rugged and adventurous at heart.

The Sekayu Recreational Park
A popular picnic spot, located 56 km west of Kuala Terengganu. You will find waterfalls, jungle trails and for fruit lovers, lots of Malaysian fruits that can be bought at the orchard.

Kenyir Dam
Malaysia's largest rock-filled hydro-electric dam has a catchment area of 260,000 hectares. The area around the dam is ideal for jungle trekking and nature walks. The lake is popular with anglers. Fish found here are *baung, toman, sebarau, kelah, lampam* and *kelisa.*

Pulau Duyong
The home of master boat-builders. If you wish to see them at work, take a 5-minute boat ride from Kuala Terengganu waterfront to the island.

Pulau Kapas
6 km from the fishing village of Marang. The waters off Pulau Kapas have long been the favourite of snorkellers and divers on a day trip.

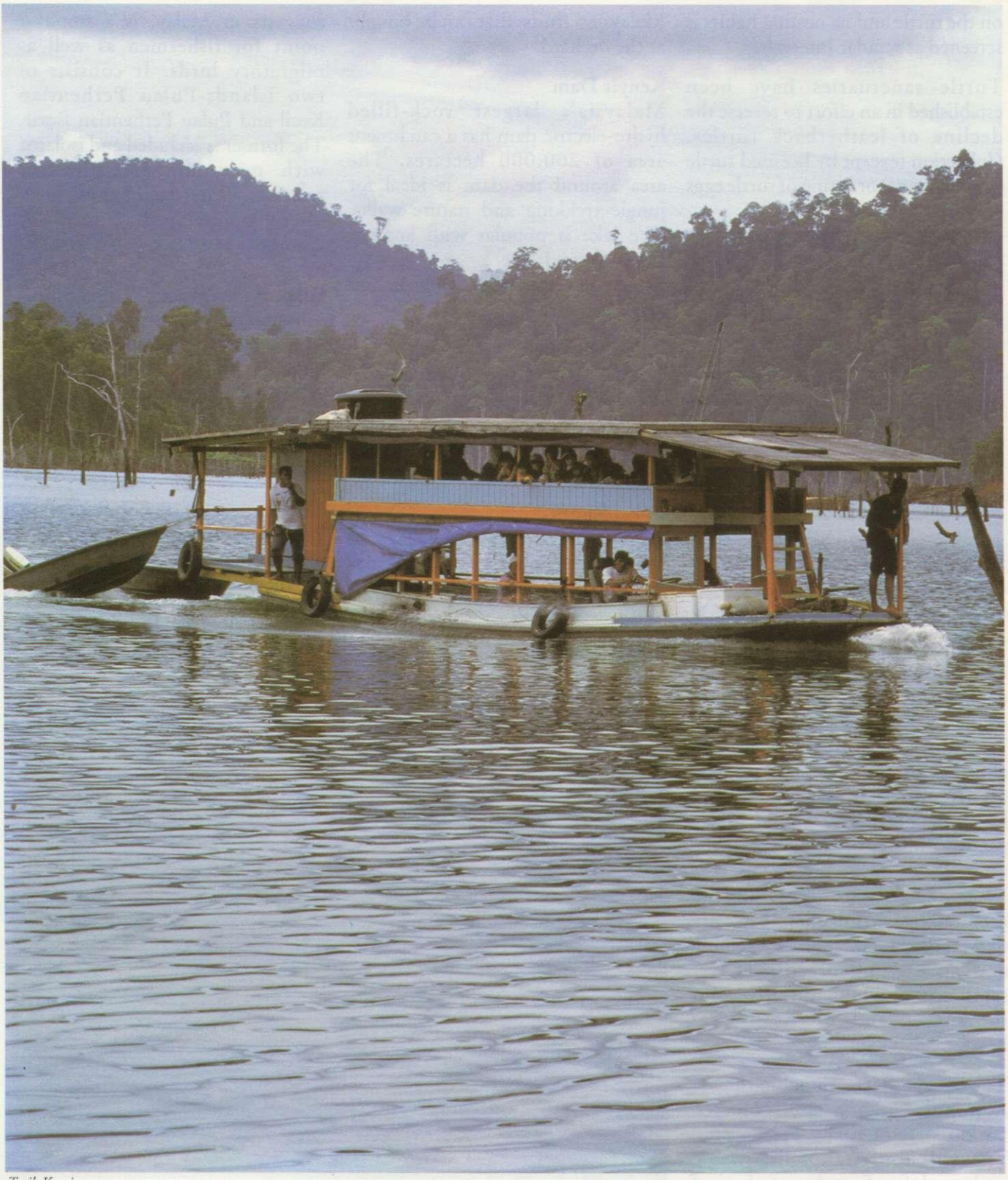
Pulau Perhentian
Pulau Perhentian, as its name suggests in Malay, is a stopover point for fishermen as well as migratory birds. It consists of two islands-Pulau Perhentian Kecil and Pulau Perhentian Besar. The former is secluded and isolated with minimum facilities for tourists. The latter has been carefully developed to cater for visitors.

Pulau Redang
Another enchanting island off the coast of Terengganu is Pulau Redang, the largest of a group of islands that has until recently slumbered in idyll. A new resort has since emerged on the island.

The waters off Pulau Redang is known for its marine diversity and offers some of the best dive sites in the region.

Ferry services (a 45-minute ride) are available from the mainland.

Pulau Redang

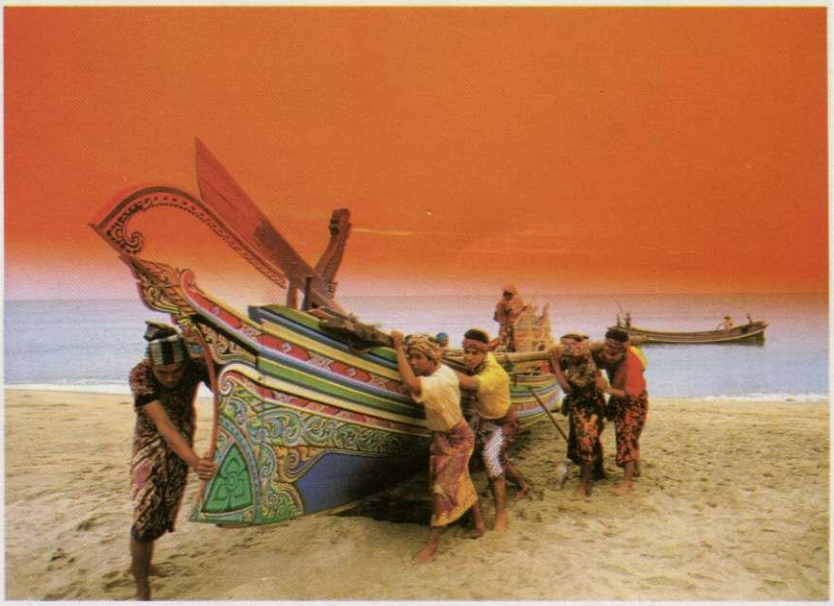


Tasik Kenyir

Kelantan

Kelantan is the northern-most state on the East Coast of Peninsular Malaysia. It has an area of 14,931 square kilometres. Rustic settings of picturesque *kampungs* (villages) amidst padi-fields give insights into a way of life that has endured the passing of time. Kelantan's history dates to between

Rebana Ubi



Fishermen heave their decorative fishing boat

8000-3000 B.C. Chinese historical documents chronicle the existence of a government which maintained links with China. Kelantan was subsequently referred to as 'Ho-lo- tan'.

The state is steeped in tradition and culture. Here you may witness the traditional sports of giant kite-flying, top-spinning, silat, wayang kulit, bird-singing competitions and the making of exquisite handicrafts such as songket, batik, silverware and mengkuang products.

Kelantan is still covered by vast stretches of tropical forests. Its southeastern corner of the state forms part of the Taman Negara National Park.

Places of Interests

Cultural Centre

This is a must for all visitors to Kota Bharu, the capital of Kelantan. All traditional arts of Kelantan can be seen here: kite-flying, rebana (giant drums), silat (martial arts), giant top spinning, wayang kulit (shadow play) and much more.

Located in Jalan Mahmood near Perdana Hotel, the Cultural Centre is open from February to October except during the fasting month.

Buluh Kubu Central Market

Don't leave Kelantan without visiting this place! Many prize-winning photographs are taken here. The sights, sounds and colours are uniquely Kelantanese. You can try barbecued chicken, pick up a Kelantanese silver rose-bowl or watch women traders display their fresh garden produce. Go there in the morning because by lunchtime the activities would have slowed down.

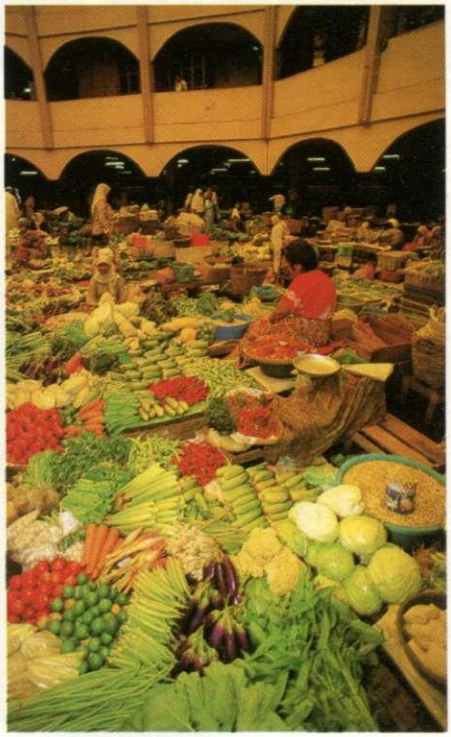
Museum of Royal Traditions and Customs

Built in 1887 by Sultan Muhamad II for his grandson Long Kundur,

Istana Jahar, Kota Bharu

this former palace, Istana Jahar, is now a museum. The intricate wood carvings are testimony to the superb craftsmanship of the Kelantanese. Photographs, artifacts and exhibits on Kelantan's rich cultural heritage will keep visitors enthralled.

The flat padi fields form an ideal site for kite flying



Central Market

Masjid Kampung Laut
Believed to be one of the oldest mosques in Malaysia. The mosque was actually dismantled and rebuilt piece by piece from its original site at Kampung Laut because floods from the nearby river threatened its structure. The mosque was built entirely without the use of nails. It is located at Nilam Puri.

Merdeka Square
Merdeka Square used to be known as Padang Kelupang. When Malaysia declared its independence

Cultural Square

Top spinning requires intense concentration and dexterity

on 31 August 1957, the square was renamed Merdeka Square.

Wat Photivihan Jambu
The shrine of the largest reclining Buddha in South-East Asia is situated in the village of Kg Jambu, 12 km north of Kota Bharu.

Pantai Cahaya Bulan (PCB)
Pantai Cahaya Bulan is located on the northeast stretch of the Kelantan coastline, just 9.6 km from Kota Bharu. The beach is shaded by tall casuarina trees which provides an ideal place for picnics and relaxation. Comfortable chalets are available at the beach.

On your way to PCB, stop by at the various cottage industries along the road here. You can see batik printing, songket weaving, kite-making and copper-tooling.

Pantai Irama

Pantai Dasar Sabak

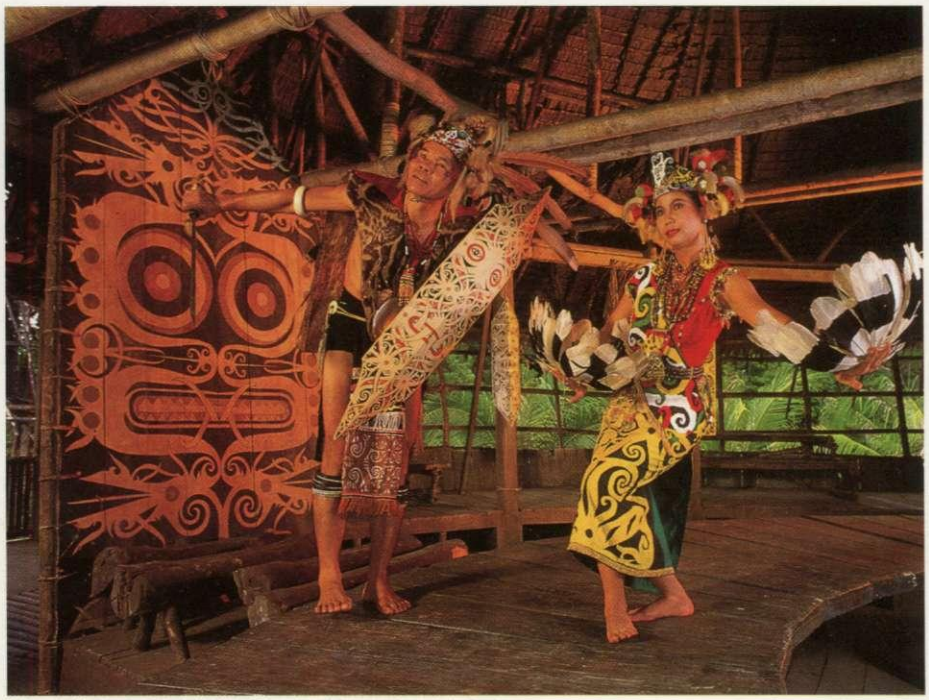
Pantai Dasar Sabak
Well, here's a beach with a difference! It was here, 13 km from Kota Bharu, that the Japanese troops landed in 1941 before occupying Malaya and Singapore.

Pantai Irama
Pantai Irama or the "Beach of Melody" is one beach that lives up to its name. Located 25 km south of Kota Bharu it is regarded as the most beautiful beach in Kelantan.

Pantai Dalam Rhu
It is also known as Pantai Bisikan Bayu which means "Beach of Whispering Breeze". Take a swim or relax under the shade of casuarina trees.

Gunung Stong
Take off to Gunung Stong (1,422 metres) Kelantan's highest mountain. Located here is a cave, Gua Ikan (Fish Cave). Its name is derived from a solitary rock that looks like a fish. To cave explorers on an expedition, part of the lure is trying to find a pot of gold believed to have been hidden during the Japanese Occupation.

The Hornbill - a protected species



Ngajat dance

Sarawak

Sarawak is the largest state in Malaysia, a land rich in natural resources such as pepper, cocoa, palm oil, timber and oil.

Sarawak's history is reminiscent of an epic best-seller, filled with adventure and romance. When the English adventurer, James Brooke arrived in 1839, Sarawak was in a rebellion against the Brunei Sultanate. As a reward for the role he played in quelling the rebellion, the Pengiran Mahkota of Brunei made Brooke the Rajah of Sarawak in 1841. James was suceeded by his nephew Charles Brooke in 1868, who in turn was suceeded by his eldest son, Charles Vyner in 1917.

During the Second World War, Sarawak was occupied by the Japanese forces but it was subsequently ceded to Britain after the war and became a British Crown Colony. Sarawak joined Malaysia in 1963 and today observes a democratic system of government. With an area of 124,450 sq km, it is an endless discovery of fascination - the largest cave in the world, verdant jungles, unique fauna and flora, white beaches, and remote islands. An outback of sheer beauty! Add to it a population of 1.5 million people as rich and varied as its land, and you have the ultimate destination.

Being a vast state with areas of impenetrable jungle, travelling in some parts of the state is often by means of light aircrafts and helicopters. Malaysia Airlines flies regularly to Kuching International Airport as well as to Miri from Kuala Lumpur, Johor Bahru, Singapore and Kota Kinabalu.

Boats are a common mode of transport in Sarawak where its remote interior is criss-crossed with rivers. Major towns are provided with road, and serviced by buses.

Sarawak's capital is Kuching, an unusual name, since it means cat in the Malay language. But do not expect feline creatures to be any more than in any other place.

Fort Margherita

Kuching sits on the banks of the Sungai Sarawak, approximately 32 km from the sea. The city reflects the influence of the West as it was for years the home of the 'White Rajahs'.

Places of Interest

Sarawak Museum

The Sarawak Museum is one of Asia's finest. It houses a collection of Borneon ethnological and archaeological items. One of the Museum's exhibits is the reconstruction of the great Niah Caves. You will be able to see the remains of the Neolithic people who lived in the Caves.

The Museum is located in Jalan Tun Abang Haji Openg. Closed on Fridays and public holidays.

Fort Margherita

Named after the second Rajah's wife, Margaret, Fort Margherita was built in 1879 to serve as a fort of defence against pirates who came from the sea. It is now a Police Museum, housing weapons, including the only cannon to be cast in Sarawak.

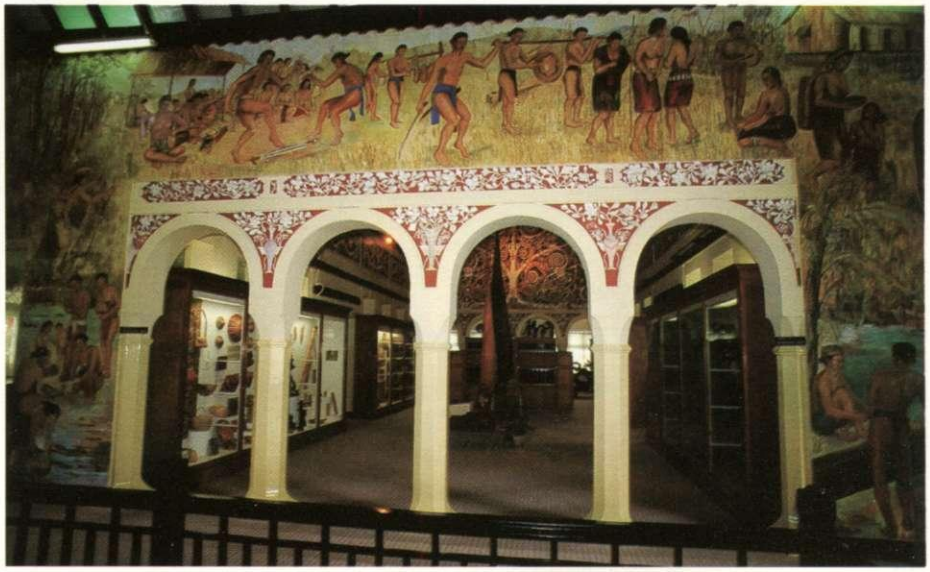
Astana

Upriver from the Fort is the Astana. It was the residence of the second and third "White Rajah". It is now the official residence of Sarawak's Head of State. Built in 1874, it reflects Eastern and Western architecture.

The Court House

The Court House

Built in 1874, it is regarded as one of Sarawak's finest buildings. It has local art forms incorporated in the roof panels and on the door and window grills. The Court House was the seat of the government during the rule of the



Sarawak Museum

"White Rajah". The clock tower was added to the building in 1883. The obelisk memorial to Charles Brooke was commissioned in 1924.

Tua Pek Kong Temple

Located at the junction of Jalan Tunku Abdul Rahman and the Main Bazaar, the Tua Pek Kong Temple is Kuching's oldest Chinese temple. It was built in 1876. Its famous celebration is the Wang Wang which commemorates the spirit of the dead.

Hong San Temple

The Hong San Temple was built in 1895, in honour of the God Kuek Seng. It is believed amongst the Chinese community that Kuek Seng became a god a thousand years ago. He is supposed to grant all requests from his devotees.

Sarawak State Mosque

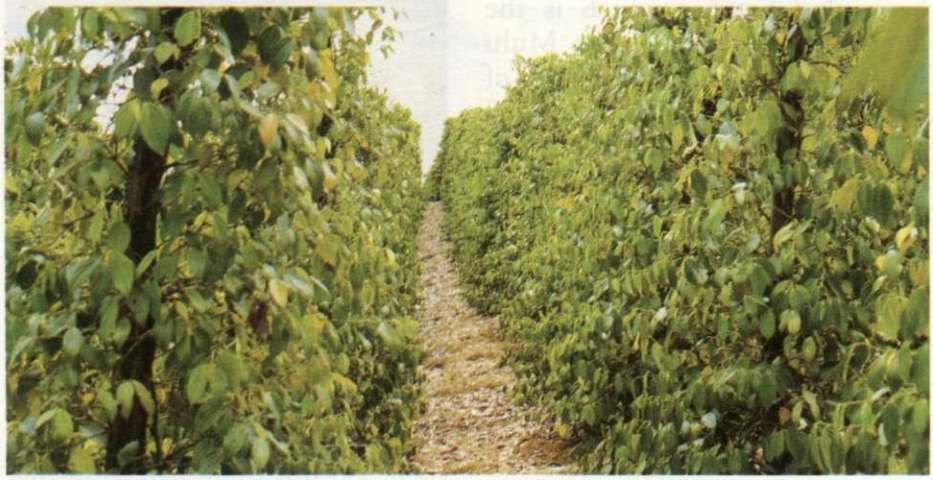
Situated in the heart of Kuching, this is a magnificent gilt-domed structure. It was built in 1968, on the very site of an old wooden mosque built in 1852.

Skrang River Safari

The safari takes you on a four-hour journey along the Skrang River. Occasionally, you shoot the rapids. The journey brings you to Iban longhouses. You might be asked to partake in their ceremonies - which includes an offering of rice wine.

Pepper Plantations

Sarawak is Malaysia's largest exporter of pepper. Pepper plantations can be seen along the Kuching-Serian Road.

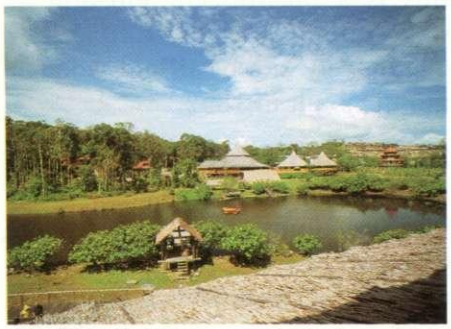


Rows of pepper plants

Skrang River

The Sarawak Cultural Village and Heritage Centre

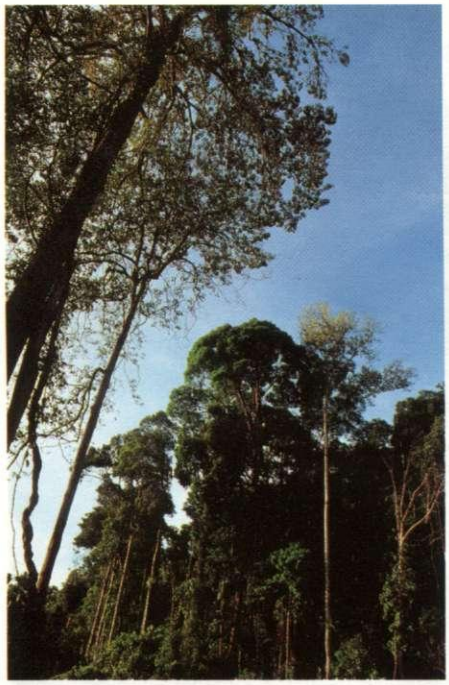
A living museum indeed! Located at Santubong, the Sarawak Cultural Village conserves and portrays the multi-faceted cultures and customs



Sarawak Cultural Village

of ethnic groups such as the Ibans, Bidayuhs and Melanaus. The Heritage Centre is an integral part of the cultural village which offers traditional arts of Sarawakians.

Opening hours: 9.00am -5.00pm
Cultural Show: 2.00pm-3.00pm
Fees: Adults:RM45
Children (6-12 years) - RM22.50
Below 6 - Free



Sarawak Forest

Mulu National Park

Nature left its best creation right here! Covering an area of 544 sq km, it encompasses the second highest mountain in Sarawak, Mt. Mulu (2,376 metres)

The mountain has one of the most spectacular cave system on earth. Twenty-six major caves have been located, amongst them the Sarawak Chamber which is the largest in the world. The Mulu National Park has 1,500 species of flowering plants including 170 species of orchids, 67 species of mammals, 262 species of birds, 47 species of fish and 281 species of butterflies.

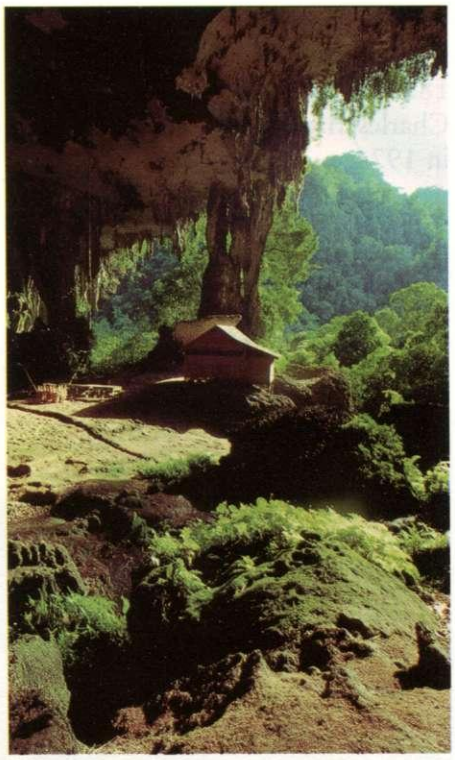
The Niah Caves

The Niah National Park covers an area of 3,103 hectares. The Great Cave, one of the largest in the world, is located here.

Evidence of man's existence in Borneo dating as far back as 40,000 years ago was discovered in the Niah Caves. The skull of a young Homo Sapien, some tools made out of stone, bone and iron, and cave drawings were found. Anthropologists established that the Niahian lived in the Caves from 40000 BC right up to 1400 AD.

Bako National Park

Compact little area of 26 sq m. Yet it has an abundance of flora and fauna. At least 7 major types of vegetation typical of Sarawak are found - the mangrove forest, sandy beach forest, sandstone cliff vegetation, alluvial forest, peat swamp forest, lowland dipterocarp forest and kerangas forest.



The Niah Caves

There are well-marked jungle trails. For sun and beach lovers, the coastline of the park provide sandy bays backed by steep cliffs.

From October to March, the sea gets rough because of the monsoon and access to the Park may not be possible.

Santubong Fishing Village

Besides having a good beach resort, Santubong is steeped in history, and provides interest to archaeologists.

Hindu and Buddhist influences have been discovered around the Santubong River estuary. The area went through a "golden" era during the seventh and thirteenth century AD when gold was found here. The discovery of gold made it an important trading centre.

Sabah

Sabah is rugged. Mt. Kinabalu rises 4,101 metres, dominating the surrounding landscape. It has a wide diversity of flora and fauna. Off Sabah's coast, the waters are diving enthusiasts' dream.

Mount Kinabalu

Located at the north-east corner of Borneo,it was named 'Land Below The Wind' by maritime traders during the ancient days because it lies below the typhoon belt.

Its people are from 32 various indigenous groups. Amongst them are Kadazans, Muruts, Bajaus, Kedayans, Sulu, Bisaya, Rumanau, Minokok and Rungus.

The Sumazau - a Kadazan dance

Its capital, Kota Kinabalu, receives flights from Kuala Lumpur, Johor Bahru, Kuching, Singapore, Hong Kong, Manila, Brunei, Jakarta, Seoul and Taipei. Being a vast state, domestic travelling is via daily flights covering Labuan, Sandakan, Lahad Datu and Tawau. Large areas are still inaccessible. A rail network stretches from Kota Kinabalu to Tenom. Buses, taxis and boats are other modes of transport available.

Places of Interest

Sabah State Mosque

This resplendent structure, with its majestic domes and gold inlay motifs, is a spectacular sight. More important,

Sabah State Mosque

it is ideally located as a place of worship for Kota Kinabalu's Muslim inhabitants and visitors.

The Sabah Foundation Building

The 30-storey circular glass building supported by high tensile steel rods through a central building is an architectural and engineering feat. It is one of only four such buildings in the world.

Kota Belud

The camera buff's favourite town because every Sunday, a scene of

Orang Utans

riotous colour comes ablaze when the '*Tamu*' or open market takes place. Kota Belud is a small town, 77km from Kota Kinabalu.

Tuaran
Of interest in this town is the agricultural station, and Mengkabong, a Bajau village built over water, and a handicraft shopping centre in Tamparuli.

Penampang
Another village that offers an insight into Sabah's varied ethnic groups-this time of the Kadazan's lifestyle. The village is located 13km south of Kota Kinabalu.

Kudat
A long way from Kota Kinabalu - 238 km. Nevertheless, Kudat is worth it. Home of the colourful Rungus tribe, get your film ready when the journey passes through a picturesque scenery of mountains, valleys and jungles.

Sabah Foundation Building

Sandakan
A busy port facing the Sulu Sea about 386 km from Kota Kinabalu. Visit the forestry exhibition in Sandakan for an insight into flowers and plants found in Sabah. The Sandakan Orchid House has a collection of rare orchids.

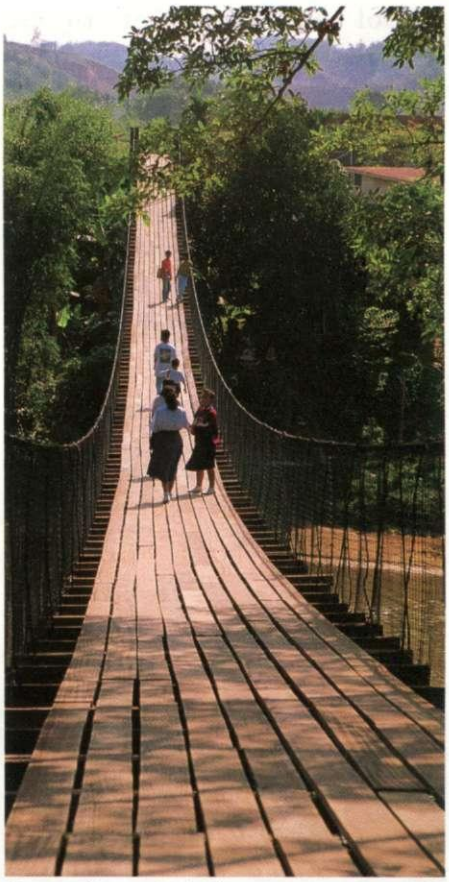
Along the 7th mile Labuk Road from Sandakan, there is a crocodile farm which has about 1,000 crocodiles of various sizes for before being sent back to the forest.

Sepilok Orang Utan Sanctuary
The world's largest Orang Utan Rehabilitation Centre is located at Sepilok, which is a 20-minute drive from Sandakan. An area of 11,000 acres of virgin jungle has been set aside for a forest reserve and orang utan rehabilitation centre. Here, orang utans which have strayed into logging camps or rescued from captivity are cared.

Gomantong Caves
Take a boat-ride across the bay from Sandakan, then a land-rover through the 16 km journey through jungles to get to Gomantong Caves. The journey takes a whole day. Arrange with the Forest Department in Sabah or a travel agency.

Within the caves, swifts build their nests high on cave walls and roofs. These nests are considered a delicacy and are collected by men climbing on tall bamboo poles.

Semporna
Located on the southeast coast of Sabah, Semporna is better known as the 'jump-off' point for Pulau Sipadan, the diving paradise, and


Tamparuli suspension bridge

Pulau Gaya, the island where Sabah pearls are cultured.

Mt Kinabalu Park
Mt Kinabalu rises 4,101 metres above a vegetation that ranges from the rich lowland dipterocarp zone through the montane oak, rhododendron and conifer forests to alpine meadow plants and stunted bushes of the summit zone. It is an area that probably has one of the richest flora in the world. Allow about 2-3 days to reach the summit. You need to get a permit to climb the mountain, and you'd have to make arrangements for accommodation and transportation. It has to be made at least a week in advance. Book early during the

school holidays. Not to be missed here is the Poring Hot Springs.

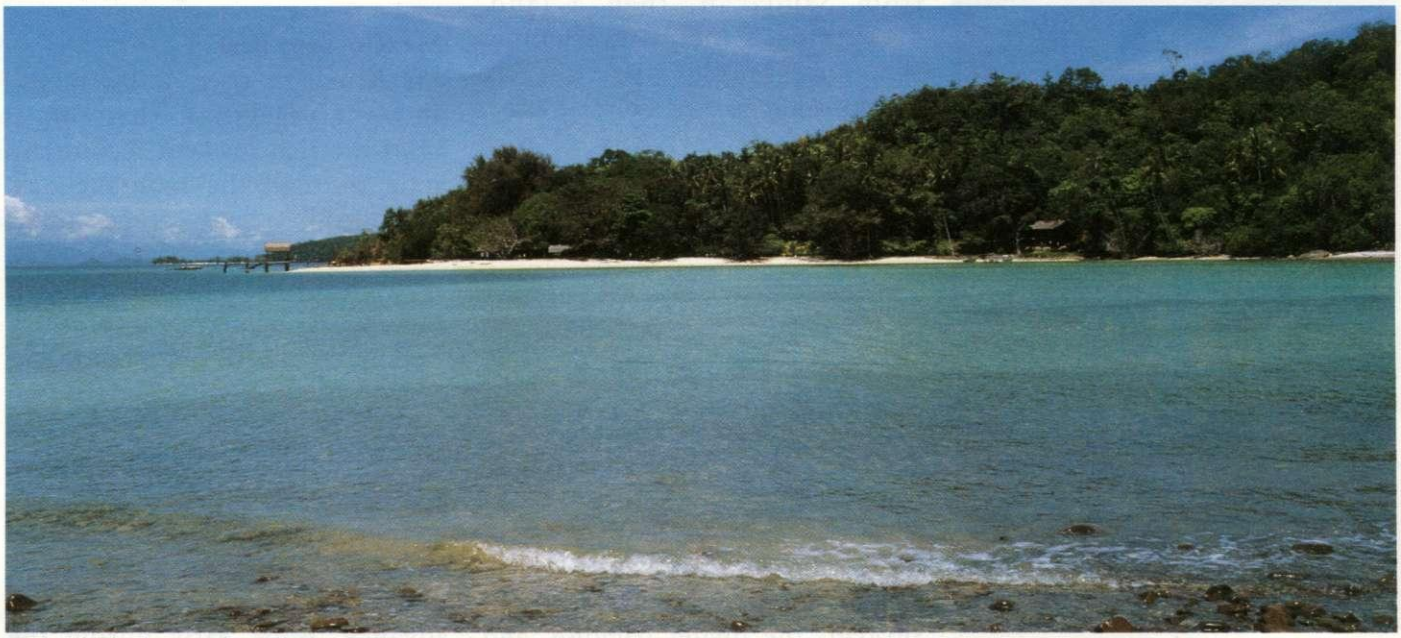
Tanjung Aru
6 km from Kota Kinabalu is the seaside resort of Tanjung Aru. Accommodation in the form of international class hotels or budget chalets is available.

Sipadan Island
Shaped like a 'shitake' mushroom, Pulau Sipadan draws diving enthusiasts due to its exceptional water clarity and seascape.

Tunku Abdul Rahman Park
The Tunku Abdul Rahman Park is a park with a difference! It comprises five idyllic islands which are only 10 to 25 minutes away from Kota Kinabalu by speedboat. These islands - Pulau Gaya, Pulau Sapi, Pulau Mamutik, Pulau Manukan and Pulau Sulug, offer stretches of white sandy beaches, crystal clear waters and some of the most diverse coral reefs and marine life in the world. They are ideal spots for picnicking, diving and snorkerlling, particularly Sapi and Manukan which have picnic facilities and Mamutik where cabins are available for rental.

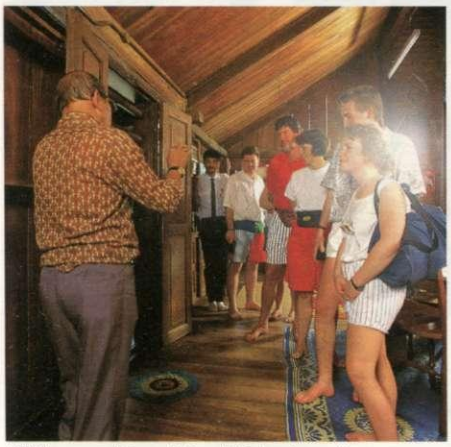
Pulau Layang-Layang
Pulau Layang-Layang is located 165 miles northwest of Kota Kinabalu. The island was once a coral atoll in the South China Sea. Soil was brought in from the mainland and sand pumped out from the sea bed. That was in 1991. Today, the island attracts scuba divers and anglers. There is a 5,000 to 6,000 ft drop all around the reef which makes excellent dive sites. Above, on land, the 1.2 km long, 7 sq km wide island is the sanctuary of thousands of terns. Comfortable chalet type of accommodation is available.

Pulau Layang-Layang

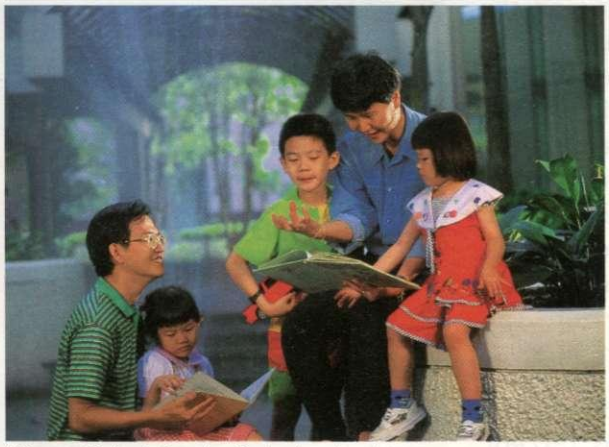


Tunku Abdul Rahman Park - Pulau Gaya

Getting to Know Us



" Welcome to this traditional Malay house "



" You see, Malaysia is truly a fascinating place "

Once you have overcome your jet-lag fatigue, step into the real heart of Malaysia - the citizens of the country. You would be pleasantly surprised at the warmth of Malaysians. For deeply entrenched within each of the different race is the engaging charm and traditional hospitality which the country is renowned for.

Malaysians enjoy meeting people from other lands. So, do go right ahead and strike up a conversation. After all, the whole point of travelling is to know other cultures.

When greeting a Muslim, offer your right hand then bring it towards you, fingertips lightly touching your heart. This is the traditional *Salam* or 'greeting of acceptance'.Hindus greet with a *Namaste* (in Hindi) or *Vanakam* (Tamil). Both palms are brought together as in prayer at mid-chest level. With a Chinese, you may shake hands. If you are really unsure about all the different forms of greetings, just smile and nod your head slightly when in troduced.

When giving or receiving money /gifts to/from a Malaysian, do so with your right hand.

'Open House'. A feature peculiar only to this part of the world. Look up the Malaysian calendar. If it is Hari Raya, Chinese New Year, Deepavali or Christmas during your stay in Malaysia, you would be received into the homes of the people who celebrate the festival. Enquire from your hotel for home visits during these festivals.

SAYING IT IN BAHASA MELAYU

Pronunciation guide:- **'a'** as in car, **'c'** as in chip, **'sy'** as in shop, **'g'** as in girl.

GREETINGS

Good morning	Selamat pagi
Good afternoon	Selamat tengah-hari
Good evening	Selamat petang
Good night	Selamat malam
Goodbye	Selamat tinggal
What is your name?	Siapa nama anda?
My name is....	Nama saya ....

PRONOUNS/NOUNS

I	Saya
We	Kami
You	Anda/Awak
He/she	Dia
They	Mereka
Ms	Cik
Mr	Encik
Man	Lelaki
Woman	Perempuan
Child	Budak
People	Orang
Wife	Isteri
Husband	Suami

USEFUL WORDS & EXPRESSIONS

Bus stop	Perhentian bas
Taxi-stand	Perhentian teksi
Railway station	Stesen keretapi
Airport	Lapangan terbang
Room	Bilik
Toilet	Tandas
Bathroom	Bilik air
Pillow	Bantal
Mosquito coil	Ubat nyamuk
Matches	Mancis
Hot	Panas
Cold	Sejuk
Good	Bagus/baik
Bad	Tidak bagus
Sleep	Tidur
Bathe	Mandi
Pain/unwell	Sakit

NUMBERS

One	Satu
Two	Dua
Three	Tiga
Four	Empat
Five	Lima
Six	Enam
Seven	Tujuh
Eight	Lapan
Nine	Sembilan
Ten	Sepuluh
Fifty	Lima puluh
One hundred	Satu ratus

ENTRY FORMALITIES INTO MALAYSIA

Passport/Travel Document

Visitors to Malaysia must be in possession of valid passport/travel documents with a minimum validity of six months beyond the period of intended stay. In the case of a national passport not recognised by the Malaysian Government, the holder must be in possession of a document in lieu of passport obtainable at the nearest Malaysian Mission abroad. The national passport holder must also ensure his re-entry into the country of his citizenship.

Visa Requirement

Commonwealth Citizens (except Bangladesh/India, Pakistan and Sri Lanka), British Protected Persons or Citizens of the Republic of Ireland and Citizens of Switzerland, Netherlands, San Marino and Liechtenstein do not need a visa to enter Malaysia.

Citizens of Albania, Algeria, Argentina, Austria, Bahrain, Belgium, Czech Republic of Slovakia, Denmark, Egypt, Finland, France, Germany, Hungary, Iceland, Italy, Japan, Jordan, Kuwait, Lebanon, Luxembourg, Morocco, Norway, Oman, Qatar, Spain, South Korea, Republic of Bosnia, Saudi Arabia, Sweden, Tunisia, Turkey, Turkmenistan, United States of America, United Arab Emirates and Yemen do not require a visa for a Social and Business visit not exceeding three months.

Nationals of ASEAN Countries do not require a visa for a Social and Business visit not exceeding three months.

National Day Celebration

Fastfacts
at Your Fingertips

Pretty maids in ethnic finery

Dataran Merdeka, Kuala Lumpur

Citizens of Afghanistan, Iran, Iraq, Libya, Syria, South Yemen do not require a visa for a Social and Business visit not exceeding 14 days,

Citizens from Eastern Europe, Baltic and the Commonwealth of Independent States (CIS) do not require a visa for a Social and Business visit not exceeding one week, The countries are Armenia. Azerbaijan, Belorussia, Bulgaria, Estonia, Georgia, Kazakhstan, Kirghizstan, Latvia, Lithuania, Moldavia, Romania, Russia, Tajikistan, Ukraine, Uzbekistan.

Nationals of the Republic of China, Bangladesh, Bhutan, Cuba, India, Pakistan, Sri Lanka, North Korea, Nepal, Myanmar, Taiwan, Vietnam and all Certificate of Identity (CI) holders must obtain a visa before entering Malaysia.

Citizens of nations other than those stated above (except Serbia Montenegro and Israel) are allowed to enter Malaysia for a Social and Business visit not exceeding one month without having a Visa.

Visas are issued by Malaysian Diplomatic Missions abroad or British Consulates which act for Malaysia in countries where no diplomatic representation of Malaysia is established.

Air travellers on transit (not exceeding 72 hours) are eligible for a visa-free visit.

Every visitor to Malaysia has to fill in a Disembarkation Card (IMM 26). The card has to be handed over to the Immigration Officer on arrival together with the national passport or other internationally recognised travel document endorsed for travel into Malaysia. A passport/travel document is also necessary for travel between Sabah and Sarawak.

A visitor intending to visit any part of Malaysia is required to be in possession of only one visa to travel direct from one part of the country to another.

Visit passes issued for entry into Peninsular Malaysia are not valid for entry into Sarawak. Fresh visit passes must be obtained on arrival at the point of entry in Sarawak. However, subject to conditions stipulated, visit passes issued by the Immigration Authorities in Sabah and Sarawak are valid for any part of Malaysia.

All visitors to Malaysia should enquire at the nearest Malaysia Diplomatic Mission for the latest entry procedures and requirements.

Airport Departure Tax
For international flights from Kuala Lumpur, the tax is RM40 while for domestic departure the tax is RM5.

Currency
Foreign currencies can be changed at banks or authorised money-changers throughout the country. Malaysian currency consists of the Ringgit Malaysia (RM) which is worth 100 sen. Coins are issued in denominations of 1 sen, 5 sen, 10 sen, 20 sen, 50 sen and RM1. Currency notes are in RM1, RM2, RM5, RM10, RM50, RM100, RM500 and RM1,000 denominations. Travellers cheques can be cashed at banks, money-changers as well as larger departmental stores and shopping complexes.

Credit Cards
Most establishments accept credit cards. Commonly accepted credit cards are American Express, Barclays, Visa, Diners Club and Master Card.

Mail
Aerogrammes cost 50 sen to all countries. Postcards and letters vary. Enquire at the Post Office.

Customs
Items such as video equipment, cameras, radio cassette players, watches, pens, lighters, perfumes and cosmetics are duty-free in Malaysia. Visitors bringing in dutiable goods may have to pay a deposit for temporary importation, refundable on departure.

Local Dailies

General Post Office, Kuala Lumpur

Malaysian Handicraft

Telecommunications
IDD or trunk calls may be dialled direct using area codes or assisted by the operator.
Operator: 102
Telephone Assisted Trunk Calls: 101
Enquiries: 102
Directory: 103
Telegrams Service: 104
International calls: 108
Time Check: 1051

Business Hours
Banks: 9.30am - 3.00pm (Mon to Fri)
9.30am - 11.30am (Sat)
Shopping complexes: 10am - 10pm daily
Government offices: 8am - 4.15pm (Mon to Fri)
8am - 12.45pm (Sat)
Lunch break: 12.45pm - 2pm (Mon to Thursday)
12.15pm - 2.45pm (Friday)

For States of Kedah and Terengganu the hours are as follows:-
Government Office: 8am - 4.15pm (Saturday to Wednesday)
8am to 12.45 pm (Thursday)
Closed on Friday

For Kelantan, the hours are as follows:-
Government Offices: 8am - 4.45pm (Sunday - Wednesday)
Lunch Break: 12.45pm - 2.00pm
8 a.m. to 12.45 pm (Thursday)
Closed on Friday and Saturday.

Public Holidays

With its multi-ethnic population, it is not surprising that almost every month sees a different festival. Some of these are declared as Public Holidays. As festivals vary from year to year, it is best to check the dates with the nearest Tourism Malaysia Office before you plan your trip. Designated public holiday are:

1 January	:	New Year's Day
	* :	Thaipusam
	* :	Chinese New Year
	* :	Hari Raya Aidil Fitri
1 May	:	Labour Day
	* :	Wesak Day
5 June	:	The King's Birthday
	* :	Awal Muharam
	* :	Hari Raya Aidil Adha
31 August	:	National Day
	* :	Deepavali
25 December	:	Christmas

* Dates vary from year to year

School Holidays

There are five term breaks in the year for schools throughout Malaysia. The term breaks vary slightly from state to state. However, they fall roughly during the later part of the months of January (1 week), March (2 week), May (3 weeks), August (1 week), October (4 weeks).

National flag - waving youngsters,... tomorrow's patriots

Water

It is generally safe to drink water straight from the tap. Bottled mineral water, however, is easily available in shops and supermarkets.

Electrical Supply

Electric supply is on a 240-volt 50-cycle system.

Newspapers

English Language newspapers are available i.e. *The New Straits Times, The Sun, The Star, Business Times, Malay Mail, Daily Express, Sabah Daily News and Sarawak Tribune*. International newspapers can be obtained at most bookshops and newstands.

Several dailies in other languages include *Utusan Melayu, Berita Harian, Nanyang Siang Pau, Sin Chew Jit Poh* and *Tamil Nesan*. There are also weeklies such as the *Leader and Straits Shipper*.

Radio

Radio services are in Bahasa Malaysia, English, Chinese and Tamil.

Television

There are 5 television stations with TV1 and TV2 being government networks while the other three are privately run.

Health

In the event you need medical care, there are private clinics in most towns. It is a good idea to take out a medical insurance before you travel as Malaysia does not have reciprocal health service agreements with other nations.

For over-the-counter prescriptions, there are pharmacies and 'Chinese medical halls'.

Health Regulations

No vaccination is required for cholera and smallpox.

Climate

With a temperature that fluctuates little throughout the year, travel in Malaysia is a pleasure. Average

temperature is between 21°C - 32° C. Humidity is high. Rain tends to occur between November to February on the east coast of Peninsular Malaysia, on western Sarawak, and north-eastern Sabah. On the west coast of Peninsular Malaysia the rainy season is April to May and October to November.

What to wear

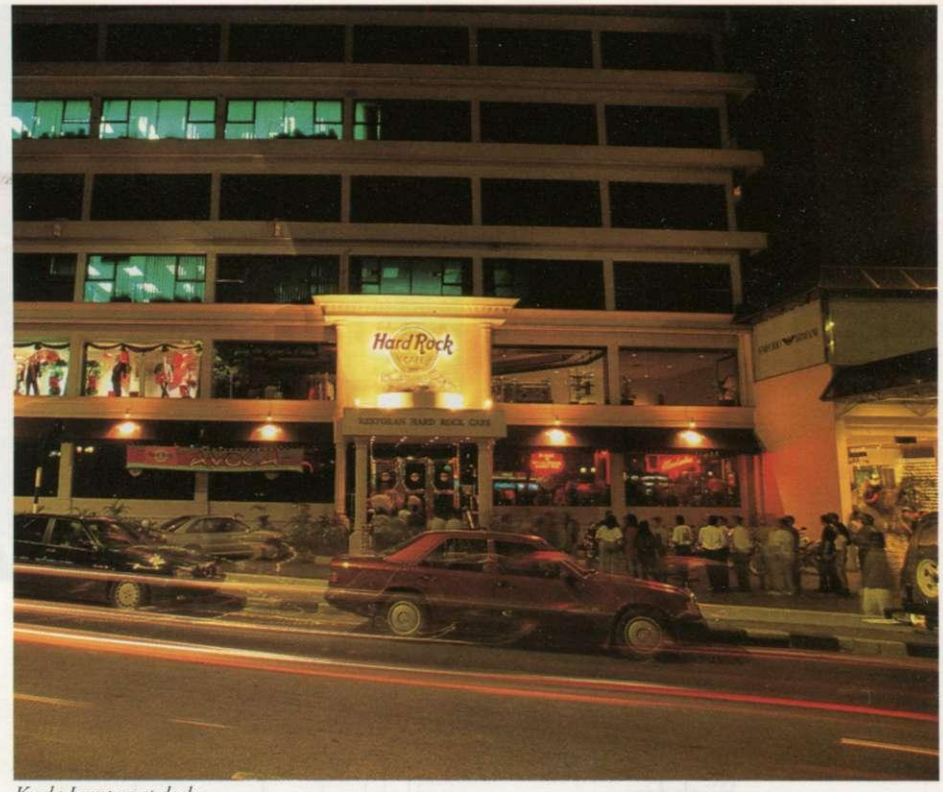
As Malaysia's climate is sunny almost year round, light clothing is ideal. It is advisable for ladies, when entering mosques and temples, to wear long sleeves and loose pants or long skirts.

Time

Malaysia is 8 hours ahead of Greenwich Mean Time (GMT) and 16 hours ahead of United States Pacific Standard Time.

Etiquette

To avoid "cultural offences", here are some tips:



Kuala Lumpur at dusk

- Remove shoes when entering homes and places of worship.
- Dress neatly in a suitable attire which covers arms and legs when visiting places of worship.
- Handle food with your right hand.
- Do not point your foot at some one.

Vivid hues - local ladies in colourful attire

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All information contained herein is correct at the time of production. Whilst every care is taken in the preparation of this brochure, Tourism Malaysia cannot be held responsible for any inaccuracy, omission or alteration that may occur. MTP (E) June 1996

Trafficking in illegal drugs carries the death penalty

Tourism Malaysia Offices

DOMESTIC

HEAD OFFICE

17th Floor,
Menara Dato' Onn,
Putra World Trade Centre,
45, Jalan Tun Ismail,
50480 Kuala Lumpur.
Tel: 03-293-5188
Fax: 03-293-5884, 2930207

REGIONAL OFFICES

NORTHERN REGION
No. 10, Jalan Tun Syed Sheh Barakbah,
10200 Penang.
Tel: 04-261-9067, 262-0066
Fax: 04-262-3688

SOUTHERN REGION
No. 1, 4th Floor,
Tun Abdul Razak Complex,
Jalan Wong Ah Fook,
80000 Johor Bharu.
Tel: 07-222-3591, 224-0288
Fax: 07-223-5502

EAST COAST REGION
2243, Ground Floor,
Wisma MCIS,
Jalan Sultan Zainal Abidin,
20000 Kuala Terengganu.
Tel: 09-622-1433, 622-1893
Fax: 09-622-1791

SABAH OFFICE
Ground Floor,
Bangunan EON CMG Life,
No. 1, Jalan Sagunting,
88000 Kota Kinabalu.
Tel: 088-248-698, 242-064, 211-732
Fax: 088-241-764

SARAWAK OFFICE
2nd Floor,
Bangunan Rugayah,
Jalan Song Thian Cheok,
93100 Kuching.
Tel: 082-246-575, 246-775
Fax: 082-246-442

TOURIST INFORMATION CENTRES

Jalan Parlimen,
50480 Kuala Lumpur.
Tel 03-293-6661, 293-6664

Kuala Lumpur Railway Station,
Jalan Sultan Hishamuddin,
50050 Kuala Lumpur.
Tel: 03-274-6063

Level 2, Menara Dato' Onn,
Putra World Trade Centre,
45 Jalan Tun Ismail,
50480 Kuala Lumpur.
Tel: 03-441-1295

Malaysia Tourist Information Complex
(MATIC),
109 Jalan Ampang,
50450 Kuala Lumpur.
Tel: 03-264-3929
Fax: 03-262-1149

Terminal 1,
Sultan Abdul Aziz Shah Airport,
47200 Subang, Selangor.
Tel: 03-746-5707

Penang International Airport,
11900 Penang,
Tel: 04-6430 501

Langkawi Tourist Information Centre.
Jalan Pesiaran Putra,
0700 Kuah, Langkawi,
Tel: 04-966-7789
Fax: 04-966-7889

Langkawi International Airport,
07100 Padang Mat Sirat,
Langkawi.

Jetty Point Complex,
07000 Kuah, Langkawi.
Tel: 04-966-9416

Padang Besar Tourist Information
Centre,
Imigration Complex,
02100 Padang Besar, Perlis.
Tel: 04-949 1579

Lumut Tourist Information Centre,
32200 Lumut, Perak.
Tel: 05-683-4057

Tanjung Puteri Tour Bus Complex.
Johor Causeway,
80000 Johor Bahru, Johor.

Johor Causeway,
8000 Johor Bahru, Johor.
Tel: 07-224-9485

Bukit Kayu Hitam
Tourist Information Centre,
06500 Bukit Kayu Hitam, Kedah.
Tel: 04-922-2078

Lot 4260, Jalan Dewan/Jalan Berjaya,
87007 Labuan.
Tel: 087-423-445/446
Fax: 087-423-446

OVERSEAS

AUSTRALIA - Perth
56, William Street,
Perth, WA 6000,
AUSTRALIA.
Tel: 09-481-0400
Fax: 09-321-1421

AUSTRALIA - Sydney
65, York Street,
Sydney, NSW 2000,
AUSTRALIA.
Tel: 02-299-4441/2/3
Fax: 02-262-2026

CANADA
830, Burrard Street,
Vancouver, B.C.,
CANADA V6Z 2K4.
Tel: 604-689-8899
Fax: 604-689 -8804

FRANCE
Office National du Tourisme de Malaisie,
29, Rue des Pyramides,
75001 Paris,
FRANCE.
Tel: 331-4297 4171
Fax: 331-4297 4169

GERMANY
Rossmarkt 11,
60311 Frankfurt Am Main,
GERMANY.
Tel: 069-283 782/783
Fax: 069-285 215

HONG KONG
Ground Floor, Malaysia Building,
No. 47 - 50, Gloucester Road,
HONG KONG.
Tel: 2528-5810 / 2528 5811
Fax: 2865-4610

ITALY
Secondo Piano,
Piazza San Babila 4/B,
20122 Milano,
ITALY.
Tel: 02-796-702
Fax: 02-796-806

JAPAN - Osaka
10th Floor, Cotton Nissay Building,
1-8-2, Utsubo-Honmachi,
Nishi-ku, Osaka 550,
JAPAN.
Tel: 06-444-1220
Fax: 06-444-1380

JAPAN - Tokyo
5F. Chiyoda Building,
1-6-4, Yurakucho,
Chiyoda-Ku,
Tokyo 100, Japan.
Tel: 03-3501-8691
Fax: 03-3501-8692

SINGAPORE
10, Collyer Quay,
#01-06 & #18-02, Ocean Building.
SINGAPORE 049315
Tel: 02-532-6321/6351
Fax: 02-535-6650

SOUTH AFRICA
1st Floor, Hutton Court,
CNR Jan Smuts Avenue & Summit Road,
Hyde Park 2196, Johannesburg,
SOUTH AFRICA.
Tel: 2711-327-0400/0401/0206
Fax: 2711-327-0205

SOUTH KOREA
1st Floor, Han Young Building,
57-9, Seosomun-dong,
Chung-ku, Seoul,
SOUTH KOREA.
Tel: 02-779-4422/4251, 779-4253 (DL)
Fax: 02-779-4254

SWEDEN
Sveavagen 18,
Box 7062,
10386 Stockholm,
SWEDEN.
Tel: 46-8 249-900
Fax: 46-8 242-324

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Malaysia Tourist Information Centre.
Unit C, 8th Floor,
Hung Tai Center,
No. 170, Tun Hwa North Road,
Taipei,
TAIWAN R.O.C.
Tel: 02-514-9704/9734
Fax: 02-514-9973

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Unit 902, Liberty Square,
287, Silom Road,
Bangkok 10500
THAILAND.
Tel: 662-631-1994
Fax: 662-631-1998

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57, Trafalgar Square,
London WC2N 5DU,
UNITED KINGDOM.
Tel: 017-930-7932
Fax: 071-930-9015

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818, Suite 804, West 7th Street,
Los Angeles, CA 90017-3432,
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Fax: 213-689-1530

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New York, NY 10022,
U.S.A.
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212-754-1117(DL)
Fax: 212-754-1116

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